

ACA Universal Truths, FIRST:

- Some Caveats!
- Short time in Program; Listen with CAUTION
- Here to motivate / educate those with 3 years and beyond time in the Program
- Take what you like and leave the rest!
- A “summary” of my mistakes so others may avoid them!

YES!



TODAY'S JOURNEY

- YOUR PARENTS
- PROGRESS
- SMALL IS BETTER THAN BIG
- TRUST
- SPONSORSHIP
- GRATEFUL RECEIVER
- IF YOU WANT IT.....
- PLUGGED IN?
- HOW DO I REALLY KNOW THAT I “GOT IT”
- REMEMBER, IT’S TEMPORARY!

ACA Universal Truths, #1. YOUR PARENTS

- If you are over 21, then the burden shifts to you to manage your behaviors and your life.
- Your parents never had an instruction manual or guidebook to raise you.
- You are now responsible for you.
- Reparenting yourself is the best option for your survival.
- Don't 'wallow' in your family history of [fill in the blank], e.g., addiction, dysfunction, sexual abuse.
- Do the 4th Step-the family inventory-and move on.
- You can't change history!

ACA Universal Truths, # 2. PROGRESS

- You either move ahead in the Program or you fall behind.
- There is no “waiting period” to get better.
- Excuses are for “earth people” not ACAs.
- Avoid toxic family/work relationships.
- Avoid ‘waiting for the perfect [fill in the blank], e.g., date, day, or time] to change. Perfect is the enemy of GOOD.
- GOOD ENOUGH will take you a long way to serenity.
- Remember: addiction and/or dysfunction does NOT TAKE A HOLIDAY.
- You and Your Program shouldn’t either.

ACA Universal Truths, # 3. SMALL IS BETTER THAN BIG

- Small changes in you will go down easier with your friends and family.
- They may be part of the 'vast network of addiction/dysfunction' that you are enmeshed in or connected to.
- They will try everything in their power to keep you where you are.
- You must manage your conscious and subconscious to make 'the change' stick.
- It's a lot of work.
- Celebrate small changes each and every time you make them.
- Yes, a series of small changes will/may lead to a BIG change.
- You'll be ready for IT because you've seen how small changes work!

ACA Universal Truths, # 4. TRUST

- Every ACA has experienced broken promises/bad relationships.
- Some are more verbal about it than others.
- Your situation is not “different” or “special”.
- The world and other people will continue to “rain on your parade” until you say “STOP!”
- Take the power back from those you may have erroneously trusted.
- Let other people earn your trust; don’t just give it away.
- BUT, you can’t isolate either.
- There is a balance. Knowing when to move ahead and knowing when to say “NO”.
- You can’t know this IF your head is “busied up” with other co-dependent, dysfunctional thoughts.

ACA Universal Truths, # 5. SPONSORSHIP

- HP's call to self-improvement.
- You will get back more than you give.
- Guide but do not direct others.
- Hold up the mirror to others.
- HP has imparted 'the solutions' to them the same way that He/She has imparted them to you!
- You are just there to be the 'coach' and witness them pulling the 'good stuff-the GOD STUFF' out of themselves.

ACA Universal Truths, # 6. GRATEFUL RECEIVER

- Being grateful for what you got will get you more.
- Plan to be grateful every day.
- Don't collude with the nay-sayers.
- Accept those with different struggles and move on.

ACA Universal Truths, # 7. IF YOU WANT IT...

- **YOU CAN HAVE IT!**
- It's already inside you, aka, the God [HP] stuff.
- Don't look to outside sources for 'the solution'.
- **THEY DON'T HAVE IT!**
- HP does not care about your parents, your addictions, or your history-
- **HE/SHE CARES ABOUT YOU.**
- Make HP a permanent partner in your life!
- Staying "plugged in"

ACA Universal Truths, # 8. PLUGGED IN?

- How do I know?
- Regular meeting attendance.
- A sponsor/fellow traveler?
- Daily meditation/reflection/journaling
- Service work?
- Who are you hanging out with?



ACA Universal Truths, # 9.

HOW DO I REALLY KNOW THAT I “GOT IT”

- Checking in on your driving habits, when no one else is in the car with you
- Easily upset by some other driver’s actions or driving situations?
- Abide by speed limits, stop signs, other traffic signals?
- How about parking lot close maneuvers? Do you swear/get angry at other drivers when other drivers take the LAST PARKING SPACE?
- Are you taking the other driver’s “INVENTORY” while driving?



ACA Universal Truths, # 10. REMEMBER, IT'S TEMPORARY!

- The challenge is to stay “plugged in” once you got it
- Being complacent and skipping meetings
- Will land you back in the ‘same old same old’ stuff.
- GUARD your SERENITY
- IT'S PRECIOUS! [and priceless]