

CHILDREN OF ALCOHOLICS ACA TEEN MEETING SCRIPT (online)

Hello, my name is _____ and I am an ACA Teen. Welcome to the Children of Alcoholics Meeting. I will be your Trusted Servant for this meeting.

May I please have everyone turn their video off during the meeting. May I also ask everyone to mute their microphone unless they are reading or sharing. This helps to eliminate background noise and distractions during our call and also helps us honour our 11th Tradition which states “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level press, radio, films, TV and other public media.” Thank you! We will open our meeting with a moment of silence, followed by the ACA Serenity Prayer.

God, grant me the serenity, to accept the people I cannot change, courage to change
the one I can and the wisdom to know that one is me.

We welcome you to ACA Teen and hope you will find in this fellowship the help and friendship we have been able to enjoy.

We who live, or have lived with, the problem of alcoholism and/or dysfunction, understand as perhaps few others can. We, too, were lonely and frustrated, but in ACA Teen we discover that no situation is really hopeless and that it is possible for us to find peace and happiness even when there is active alcoholism or dysfunction around us.

We believe alcoholism and dysfunction affect all the members of a family emotionally and sometimes physically. Although we cannot change or control our parents, we can detach from their problems while continuing to love them.

We encourage you to try our program. It has helped many of us find solutions that can lead to a really great life. We have learned that so much depends on our own attitudes. As we learn to see our problems for what they really are, we find that they lose power to control our thinking and our lives.

Our family situations show improvement when we apply the ACA Teen ideas. Without the help that ACA Teen gives us, living with alcoholism and dysfunction is too much for most of us. We can become confused and frustrated when we try to force solutions and our thinking becomes distorted.

The ACA Teen program is based on the Twelve Steps (adapted by Alcoholics Anonymous) which we try, little by little, one day at a time, to apply to our lives. With the support of our meetings and the daily reading of ACA & ACA Teen Literature, we can become ready to accept the gifts of hope and peace of mind.

Anonymity is an important principle of the ACA Teen program. Everything that is said in the group meeting and member to member, must be held in confidence. Only in this way can we feel free to say what is on our mind and in our hearts. This is how we help one another in ACA Teen.

We do not discuss religion or become involved in any outside organizations. Our sole topic is the solution of our problems. We are always careful to protect each other's anonymity as well as that of all ACA members.

May we all take a turn and introduce ourselves? We can take a minute to do a brief check in and share on how we are doing or how our day is going. I will start. My name is _____ and I am a member of ACA Teen.

(give everyone an opportunity to introduce themselves and share briefly)
Thank you,
everyone, for sharing! May I please have someone read ...

The ACA Teen Traits

The Twelve Steps

Thank you for reading! A special note to everyone, especially newcomers ...

We ACA Teen's who have come far enough out of denial to recognize and admit that

something doesn't feel right are among the toughest, sanest and psychologically strongest people the world knows. We have shown a capacity for personal responsibility that is unusual, to say the least.

Though in the past we may have adopted insanity and self-destructive behaviours as our way of coping, we now have a chance to become sane, totally sane, in all ways and all our lives. Another way to describe sanity is clarity ... insanity means lack of clarity.

After surviving the traumas of our family situations, we have selected ourselves and found each other. All that is needed now is a safe place where we can finally shed our defenses, our denial and admit to ourselves and others how angry, hurt, maddened and wounded we have always felt. Finally, we are safe. We have ourselves and we have each other. We can rely on each other until with our able to claim our True Selves, our responsibility for ourselves, our lives and everything in them.

A note about Cross Talk ...

In ACA Teen we do not Cross Talk. Cross Talk means interrupting, laughing, gasping or groaning while another person is sharing. Cross Talk also means referring to or commenting on what another person has shared. It is okay to address the same topic, just not the person who brought the topic up. We encourage all ACA Teen sharing to be constructive, helpful, loving and understanding; speaking from your own truth.

We do not engage in Cross Talk for two reasons. First, it is likely that nobody listens to us at home, or we may have been judges, or told our feelings were wrong. Second, we need to learn to listen without losing ourselves or taking care of others.

(Trusted Servant to select Topic or reading for discussion.)

We can now begin sharing. If you wish to share please unmute your microphone. Each person may share for 3 or 4 minutes. If you do not wish to share, please say PASS. If we still have time left after everyone has had a chance to share, we can choose another topic and share a second time. The floor is now open for sharing.

(Group sharing will end at 12:50pm) Thank you everyone for sharing. May we please have someone read ...

The Twelve Traditions

The Promises

Thank you to everyone who could join us and share with us today. We hope you keep coming back.

The ACA Teen program is not easy, but if you can handle what comes up in the first few meetings you attend, you will start to come out of denial. This will give you freedom from the past. Both you and your life will change.

We will now close the meeting with the ACA Serenity Prayer ...

**God, grant me the serenity, to accept the people I cannot change,
courage to change the one I can and the wisdom to know that one is
me.**

Keep Coming Back it works!