

ACA Teen MEETING FORMAT

Regular Meeting 7:45-8:30

Hello. My name is (*your first name*). Welcome to the _____ meeting of ACA Teen.

Please be sure all cell phones are turned off during the meeting.

This is a safe, drug and alcohol free environment, they're not welcome, but you are. If you have used, please refrain from sharing, we want to hear from you, not the drugs.

We meet to share the experience we had as children growing up in an alcoholic or dysfunctional home. That experience infected us then and it affects us today. By practicing the 12 Steps, by focusing on the Solution, and by accepting a Higher Power of our understanding, we find freedom from the effects of alcoholism and other family dysfunction. We identify with "The Problem" and learn to live in "The Solution", one day at a time.

We invite a higher power of our understanding into the meeting by saying our version of the serenity prayer....

I've asked _____ to read The Laundry List.

I've asked _____ to read The Solution.

I've asked _____ to read The 12 Steps.

You may have related to our readings even if there was no apparent alcoholism or addiction in your home. This is common because dysfunction can occur in a family without the presence of addiction. We welcome you.

If you are attending the meeting for the first time, we welcome you. We will go around the room and introduce ourselves by our first name only. My name is _____.

This program is not easy, but if you can handle what comes up at six consecutive meetings in a row, you will start to come out of denial. This will give you freedom from the past. Both you and your life will change.

In the beginning, many of us could not recognize or accept that some of our current attitudes or behaviors result from some experience related to alcoholism or dysfunction in our childhood. We behave as ACA Teens, which means we bring self-doubt and fear learned in childhood to our teenage interactions. By attending six meetings in a row and attending regularly thereafter, we come to know and begin to act as our True Selves.

We encourage each member to share openly about his or her experiences as time allows. This is a safe place to share your teenage and childhood experiences without being judged. To allow everyone a chance to share during the meeting, we ask each person to limit their sharing to four minutes.

What you hear at this meeting should remain at the meeting. We do not talk about another person's story or experiences to other people. Please respect the anonymity of those who share with us today.

We do not cross talk during the sharing time. Cross talk means interrupting, referring to, or commenting on what another person has said during the meeting.

We do not cross talk because ACA Teens come from family backgrounds where feelings and perceptions were judged as wrong or defective. We accept without comment what others say because it is true for them. We work toward taking more responsibility in our lives rather than giving advice to others.

In ACA Teen, we do not touch, hug or attempt to comfort others when they become emotional during an ACA meeting. If someone begins to cry during a meeting, we allow the person to feel his or her feelings without interruption. To touch or hug the person is known as "fixing". As children we tried to fix our parents or to control them with our behavior. In ACA Teen we are learning to take care of ourselves. We support others by accepting them into our meetings and listening to them. We allow them to feel their feelings in peace.

Today's meeting is a _____ (*Step Study, Open or Topic discussion, Tradition Study, Speaker or other*). We will begin sharing now and will end at _____ (*approx. 15 minutes before the close of the meeting*).

(Leader calls on people who raise their hands)

We can now begin sharing.

(Group sharing ends.)

Can someone read the 12th Tradition of the month?

Now it's time for the:

- Secretary's Announcements.
- Does anyone have any other ACA related announcements?

Thank you for being here and please keep coming back. If you did not have a chance to share, please speak to someone after the meeting if you need to talk.

It is time to read The Promises!

Meeting close (*stand and form a circle*) Read ACA serenity prayer.