



Safety Starts With Me

*A 7-Week ACA Workshop on
Boundaries & Emotional
Sobriety*

Dear Adult Child in Recovery,

We warmly invite you to **“Safety Starts With Me – A 7-Week ACA Workshop on Boundaries & Emotional Sobriety”** 🧡 ✨. This is a chance to explore how boundaries support emotional health, spiritual principles, and reparenting our inner child.

Here’s how it works:

Choose your reading ahead of time 📖: a quote, paragraph (up to 3 paragraphs), or short excerpt about boundaries—or write your own reflections 🙌.

Each week, we’ll focus on **one boundary topic**. Pick something that resonates with you for that week.

Be ready to **share for 5 minutes**:

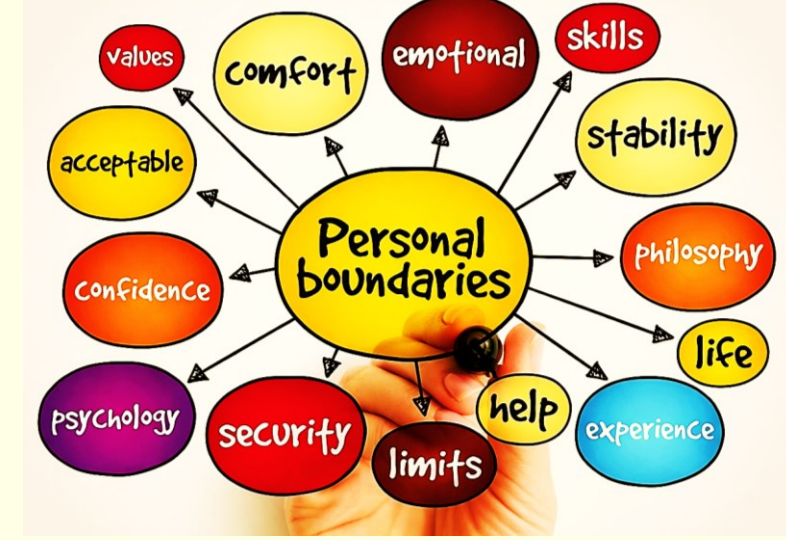
- Your reading (quote/excerpt or personal writing)
- How it inspired you to **set a boundary or adopt a healthy behavior** 💪
- The **strength or hope** gained 🌈, aligned with ACA steps, spiritual principles, or inner child reparenting

📅 Start: March 6

🕒 Every week Friday at 3 pm Central European Time

💻 Zoom: [https://zoom.us/meeting/register/hIVn81GPQUSxrTMkuDT7Ug](https://zoom.us/join/https://zoom.us/meeting/register/hIVn81GPQUSxrTMkuDT7Ug)

We can’t wait to explore boundaries, emotional sobriety, and hope together! ✨
ACA sponsorship: “Fearless Souls – Adult Children in Recovery | ACA IG754”



Weekly Topics:

- 1 **March 6:** What Are Boundaries? 🛡️
- 2 **March 13:** Types of Boundaries 🌐
- 3 **March 20:** Internal vs External Boundaries 🏰
- 4 **March 27:** Emotional Boundaries 💖
- 5 **April 3:** Structure & Flexibility of Boundaries ⚖️
- 6 **April 10:** Saying No & Asking Yes 🧑🏽 🧑🏽
- 7 **April 17:** Reparenting & Integrating Boundaries 🌱