

ACA Literature: Approval History, Processes and Current Publications

September 2026

Introduction

ACA's literature development and approval process has evolved as the Fellowship and its World Service Organization have grown. Throughout ACA's history, literature has been developed, approved, and published under the policies and Conference and Board processes in effect at the time.

ACA literature is written by adult children for adult children and is central to carrying the ACA message of recovery. Before ACA published its own books, the Fellowship struggled to sustain and grow without recovery literature of its own. The publication of the **Big Red Book** in 2006 was a pivotal moment, helping sustain, strengthen, and expand ACA around the world. Today, ACA literature reaches a worldwide Fellowship across more than 70 countries and over 72 languages. Developing, publishing, translating, and distributing ACA literature helps fulfill ACA's primary purpose under Tradition Five.

Literature approved and published under earlier processes remains **ACA Approved Literature**. The adoption of newer literature policies does not invalidate or remove the approval status of literature authorized under prior processes. These publications were developed under ACA's established service structure, supported by approving motions or other documented authorization, and published by ACA WSO carrying the ACA logo.

In September 2020, the Board adopted a revised literature policy that changed the approval process for new literature to include extended worldwide Fellowship Review and final Conference approval. Under this process, approval to develop a literature project is distinct from final approval of the completed publication. (See: [Motion 2020 1010 01](#))

New literature may originate through several pathways:

1. A ballot proposal from a registered ACA group, Intergroup, or Region.
2. A request or submission to the Literature Committee from a registered ACA group, Intergroup, or Region.
3. Identification of a literature need or gap by the Literature Committee.
4. Identification of a literature need or gap by the Board of Trustees.

Regardless of its origin, new literature proceeds through the applicable evaluation, development, Fellowship Review, revision, and approval process.

The *Loving Parent Guidebook*, originally authorized by the 2017 ABC, became the first book to proceed through the Fellowship Review process established under the revised policy. The current process provides the worldwide Fellowship an opportunity to use and comment on developing literature before the completed work is returned for final Conference consideration.

Historical Approval Principle

ACA literature is recognized according to the approval process in effect at the time of its authorization and publication. Later changes to ACA's literature policy apply to the development and approval of new literature and do not, by themselves, alter the approved status of literature previously authorized and published by ACA WSO.

Literature Approval Terminology

For purposes of this document, **ACA Approved Literature** is the general term for literature officially authorized and published by ACA WSO under the approval process in effect at the time.

The designation **Conference Approved Literature** has been used historically. Under the literature policy adopted in September 2020, final Conference approval follows the current process of development, extended worldwide Fellowship Review, revision, and consideration by the World Service Conference.

Fellowship Review Literature identifies literature being made available to the Fellowship for use, feedback, and evaluation but which has not yet completed final Conference approval under the current process.

These terms reflect the evolution of ACA's literature approval process. The current Conference approval process does not replace or invalidate the approved status of literature authorized and published under earlier ACA processes.

A new publication or format containing previously approved ACA material does not, by itself, constitute new ACA literature. Repackaging is governed separately from the development of substantive new recovery content.

Literature Logos

The literature logos reflect the identification system used during different periods and stages of ACA's evolving literature process. A change in logo does not, by itself, change the approval status of literature previously authorized and published by ACA WSO. The current logos distinguish literature that is:

- Published ACA Approved Literature;
- in Fellowship Review; or
- Conference Approved following completion of the current literature approval process.

To distinguish literature in the various stages new logos were created:

	Standard ACA WSO Logo
	Fellowship Review Mode Logo
	Conference Approved Logo
	Fellowship Reviewed / Conference Approved Logo

A. Books Published with Approving Motions

Title	Approving Motions on Record
ACA Fellowship Text - The Big Red Book	ABC_2006_08: Approve fellowship book publication Motion: This motion was to approve the proposed Handbook, presented by the Handbook Committee, including the best possible publication both financially and within the extensive review process that has been going on in the past several months. Decision: The vote was 4 in favor, none against. Passed.
Twelve Steps of Adult Children Workbook	ABC_2008_11: Conference Approval of Workbook, “Twelve Steps of Adult Children” Motion: To approve the ACA Twelve Step workbook as conference-approved literature. The workbook title is “Twelve Steps of Adult Children.” Decision: Motion passed with one abstention.
Strengthening My Recovery Daily Affirmation	ABC_2013_3: Strengthening My Recovery Motion: Develop and publish a daily reader for ACA. Decision: Motion Passed. In favor: 102 (70%); Opposed: 44; No Opinion: 6
The Laundry Lists Workbook	ABC_2014_2: Laundry Lists Workbook Motion: That the WSO develop a piece of literature further elaborating the materials briefly described in the first pages of the first chapter of the Fellowship Text concerning the other Laundry Lists and its implications for Adult Children recovery. Decision: Motion Passed unanimously with 26 in favor.
Loving Parent Guidebook	ABC_2017_02: Loving Parent Guidebook Motion: We propose that the WSO create a workbook on “Becoming Your Own Loving Parent.” Activities, questions, and tools will be drawn from chapter 8, related parts of the BRB and ACA member suggestions. Decision: Passed NOTE: As per the 2020 Literature Policy this book is in Post Fellowship Review, on its way to the 2028 ABC for Conference Approval.

Title	Approving Motions on Record
A New Hope - ACA Beginner's Handbook	Board Motion 2023_1014_07: "A New Hope" for Fellowship Review Motion: To approve publishing the "A New Hope" publication for fellowship review for up to 3 years. Background: The Literature evaluation process/reader review has completed the "A New Hope" fellowship review and has received positive feedback. Its audience is newcomers. The Literature evaluation subcommittee is recommending a one year fellowship review. The Publishing committee will make the recommendation as to its format (book, ebook, free download, etc.). Please see OPPM XII ACA WSO Literature, Section E. Literature Evaluation and Approval for further information on the policy. Decision: Motion passed unanimously. NOTES: • A registered group submitted a manuscript to the Literature Committee per Literature Policy. • As per the 2020 Literature Policy this book is currently in Post Fellowship Review until 2028.
Connections - A Guide to Using Support in ACA Recovery	Board Motion 2024_04_03: "Connections" to Fellowship Review Motion: To approve publishing "Connections: A Guide to Support in Recovery for Adult Children of Alcoholic/Dysfunctional Families" for fellowship review for up to three years as recommended by the Literature Committee. Background: The "Connections" book was started in response to a motion passed at the 2017 ABC to revise Chapter 11 of the Big Red Book and the Sponsorship trifold. As stated in the introduction to "Connections," the working group both revised and expanded Chapter 11, describing many ways to obtain support in recovery. The Literature Committee recognizes that the process of revising the BRB cannot practically be done piecemeal and will likely take years, therefore the "Connections" book was written as a separate document, which is significantly longer than Chapter 11. "Connections" will now be submitted to the Big Red Book Revision Working Group, established under the Literature in Development subcommittee, for them to summarize and include when it revises Chapter 11. Decision: Motion Passed on April 4, 2024. One abstains NOTES: • A registered group submitted a manuscript to the Literature Committee per Literature Policy. • As per the 2020 Literature Policy this book is currently in Post Fellowship Review until 2028.

B. ACA Books in Development

Title	Approving Motions on Record
Ready! Set! Go	ABC_2018_03: Approval of Ready, Set, Go as Conference Approved Literature Motion: That the conference approve the publication of Ready, Set, Go! as conference approved literature after 90 days of feedback by the fellowship and potential edits. Decision: Motion passed. In favor- 41; Opposed- 2; Abstentions - 2. Status: Pending approval to publish in Fellowship Review
Loving Parent Guidebook Daily Reader	ABC_2020_03: Daily Re-Parenting Reader Motion: That WSO create a daily re-parenting reader similar in structure to the Strengthening My Recovery daily reader. Reparenting tips, meditations, etc. would draw from the forthcoming Loving Parent Guidebook, the Big Red Book, other ACA literature, including new material, and ACA member submissions. The daily reparenting reader will complement the upcoming Loving Parent Guidebook, which helps ACAs learn and apply reparenting tools. The proposed reparenting reader will provide daily inspiration and support us to reparent ourselves with gentleness, humor, love, and respect. Decision: Motion passed. In favor- 85; Opposed - 7. Status: Pending completion of the Fellowship submission process and IT system.
Boundaries	ABC_2020_04: Creation of Literature to Assist With Safe Boundaries Motion: We move that we direct the literature committee to create educational resource(s) that assist adult children with establishing healthy safe boundaries. Decision: Motion Passed. In favor- 90%; Opposed - 10%. Status: Pending approval to publish in Fellowship Review.
Revised Edition of BRB	ABC_2017-04: Revise BRB Chapter 11 Motion: Propose that the WSO revise BRB Chapter 11 and the sponsorship pamphlet for clarity and consistency. Recommend use of the term “Fellow Traveler.” Passed ABC_2021_02: Planning Process for Revised Edition of the Big Red Book Motion: We move that a new literature subcommittee begin planning a revised edition of the Big Red Book with new testimonials and updated content, to be more inclusive of all experience of gender,

	sexual orientation, ethnicity, religion/spirituality, and a broader range of socio-economic and cultural backgrounds. Decision: Motion passed. In favor- 70; Opposed - 8; Abstain-2. Status: Pending Fellowship-wide survey to help guide the BRB revision.
Essentials	ABC_2024_07: Guidebook on Essentials Motion: Direct WSO to develop a guidebook that focuses on the essential needs of ACA recovery, including for new ACA members, with a proposed publication date of May 2027 or earlier. The project should follow the general outlines of Ballot Proposal 3. This includes a gentle framework for combining the Steps with reparenting; practical tools and exercises; and perspectives that reflect ACA's diverse global fellowship. Decision: Motion Passed. In favor- 62; Opposed - 15. Status: Pending final stages of review

C. Booklets Published with Approving Motions

Title	Approving Motions on Record
Identity Papers	Motion_1983_07_30: Establishment of the ACA Identity Committee Motion: That a committee of five be appointed by the CSB to study all aspects of ACA's identity and primary purpose, and of ACA's relationships with other 12-Step programs. That their findings and recommendations be reported to the CSB and ACA as a whole. Decision: Passed Motion_ABC_86_03: Continuance and purpose of the Identity, Purpose and Relationship Committee Motion: That the Identity, Purpose and Relationship Committee be continued for the next year for the purpose of evaluating and identifying the best method for separating and defining the responsibilities of CSB and WSO, and to recommend the best method of bringing this about to ACA as a whole. Decision: Passed Motion_1989_02_11: Identity, Purpose, and Relationship Committee Report Motion: That a full set of the Identity, Purpose, and Relationship Committee reports be included in the delegate packets and put on display on the Literature table. Decision: Passed

Cross Talk	ABC Motion_2011_03: Pamphlet on Guidance for Cross Talk Motion: Request a pamphlet to be developed to expand on how to have an open friendly meeting without cross talk. What is cross talk and what is acceptable interaction during a meeting? What is the proper response by attendees in an ACA meeting when cross talk, or accusations of cross talk, occurs? Decision: Motion passed. In favor- 88; Opposed - 20.
NewComer	ABC Motion 1983_0730_09: Standardization of a Beginners' Packet Motion: 1. That the following materials only should be placed in a packet for newcomers: Meeting Directory, 'The Problem', 'The Solution', and 'The 12 Steps'. 2. That other materials may then be offered newcomers, of course, but it should be made clear that they are offered as aids to recovery by individuals rather than by ACA as a whole. 3. That the contents of the beginners' packet shall be reviewed periodically and other materials (such as, for instance, a brief letter of welcome or the 12 Traditions) included if deemed appropriate by CSB as representative of the group conscience. Decision: Conference motion passed.
Good Enough Group	No motion found to develop this booklet. Most of the Good Enough Book is from Chapter 19 The Twelve Traditions of ACA. Board Motion 2013_0608_03: Expenditure for Booklets To approve the expenditure of \$4,530 to produce 2,000 each of the "<i>Cross Talk</i>" and "<i>Good Enough</i>" booklets (5 1/2 x 8"), and to place them for sale at \$4 each. Decision: Motion passes unanimously.

Repackaged ACA Approved Literature

Repackaging existing ACA Approved Literature is distinct from developing new ACA literature.

In October 2024, the Board of Trustees authorized the Publishing Committee to repackage Conference-approved literature based on specific Fellowship needs or requests. Repackaging may include presenting existing approved material in a different format, collection, or publication, with minor updates or changes as appropriate. Extensive rewrites or the development of substantive new recovery content remain within the literature development and approval process.

Repackaged literature derives its content authority from the underlying ACA Approved Literature from which it is drawn. Board approval of the repackaged publication authorizes its new format, compilation, production, and distribution.

Repackaging Principle: A new format, excerpt, compilation, pocket edition, trifold, or similar publication of existing ACA Approved Literature does not constitute new recovery literature solely because it is issued as a new publication.

Substantive new recovery content or extensive rewriting is addressed through the applicable literature development and approval process.

D. Repackaged Publications

Title	Source of Approved Content	Approving Motions on Record
ACA Teen Booklet	Chapter 18 of the <i>Big Red Book</i> together with foundational ACA literature	Board Motion 2024_10_04 Motion: To Approve that Chapter 18 of the BRB (“ACA Teen”) be made into a standalone booklet. In addition, the following will be contained in the booklet: The Problem, the Solution, the Steps, the Traditions, the Laundry List and the Promises along with an introductory statement on the inside cover stating the source of material: “This is a reprint of Chapter 18 of the BRB.” Decision: Passed unanimously. Status: Pending Board approval
ACA Meeting in a Pocket (booklet)	Collection of foundational ACA literature	Board Motion 2025_10_01: ACA Meeting in a Pocket Motion: That the Board approve the <i>ACA Meeting in a Pocket</i> booklet as a repackaged piece of ACA literature, to be printed and sold through WSO distribution channels. Decision: Passed unanimously. Status: Published

Traditions Trifold	Previously approved ACA Twelve Traditions material	Board Motion 2025_12_03: Twelve Traditions Trifold Motion: To approve the creation of a free, simple trifold featuring the Twelve Traditions, brief meditations related to each Tradition, and Suggested Commitments to Service, designed for easy translation and worldwide distribution. Decision: Passed unanimously. Board Motion 2026_08_03: New Traditions & Commitment to Service Trifold Motion: To approve The Traditions and Suggested Commitment to Service trifold, as presented, for publication and availability to the ACA Fellowship, as produced by the Publishing Committee. See: ACA Traditions and Commitment to Service Trifold. Decision: Passed unanimously. Status: Published
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ADDITIONAL RESOURCES AND REFERENCE

[OPPM Webpage with current and past versions](#)

Motion 2020_1010_01:

Extended fellowship review of literature prior to Conference Approval

Motion: Amend the OPPM Literature Policy to mandate extended fellowship review as a pre-condition to seeking final Conference approval of any new literature; to provide guidance on the appropriate use of ACA logo for literature not approved by the ABC.

Background: The Current policy requires ABC delegates to declare Conference approval before any fellowship review has occurred. This makes it impossible for delegates to cast an informed vote on a finished project. Also, there have been a growing number of local projects that are not affiliated with WSO, causing confusion among readers. The new policy clearly guides authors in describing the approval status of their literature to avoid suggestions of ABC Conference approval when it has not been granted. **Decision:** Motion passed unanimously.

Updated Section of OPPM/Literature/E. Literature Evaluation and Approval (update from Sept. 2020 in Sept. 2026 version)

E. Literature Evaluation and Approval

1. General

Regardless of whether a proposal is submitted directly to the Literature Committee, approved as an ABC motion or ballot measure, or

developed internally by ACA WSO, all Literature projects must go through the same evaluation and approval process before they may be considered Conference-approved literature. This process includes a documented, in-depth fellowship review (fellowship review mode) period, and revision process overseen by the Literature Committee.

- a. Projects submitted to the Literature Committee will be assessed by the Literature Evaluation subcommittee, in accordance with criteria posted on the ACA WSO literature pages. Authors will be notified whether a project is considered suitable for publication. Under the Right of Petition, they may ask the Literature Committee for further consideration.
- b. A favorable ABC vote on a new proposal, such as one submitted through a ballot measure, is an approval of the concept, not approval of the literature. Such a vote directs the Literature Committee to form a development team, to move the project to possible publication and eventual Conference approval. The development team would include the author(s) or backers of the ballot measure if they choose to participate.
- c. If the Board of Trustees determines that a project referred by the ABC is not appropriate for publication, the Literature Committee will notify the project's proposers and report this to the next ABC. ABC Delegates may accept the Board of Trustees' decision or direct ACA WSO to continue development of the project.
- d. Projects developed internally by ACA WSO will be assessed by the Literature Evaluation subcommittee for their suitability for publication. Revisions will be suggested or implemented as needed to advance the project.
- e. Once a project is considered ready for fellowship review, it will be forwarded by the Literature Committee to the ACA WSO Board of Trustees with a recommendation that a publishing budget and release schedule be set.

2. Fellowship Review and Revisions

The most important evaluation of any new ACA literature being developed is performed by the fellowship at large. New literature projects will be made available to the fellowship for six months to three years of fellowship review. During fellowship review mode, ACA WSO may sell paper and digital copies of the publication, prominently identifying the project as a fellowship review mode version that is not yet Conference approved. The fellowship at large is encouraged to read and use the publication as it would any other ACA WSO literature. An accessible online feedback system, along with clear, prominent instructions will be provided to submit written feedback to ACA WSO.

The Literature Evaluation subcommittee will review all collected feedback, and at the end of the review period, it will assess whether the publication is of value to fellowship recovery. It also will make any needed revisions based on feedback.

Once the fellowship review mode is complete, the Literature Evaluation subcommittee will submit the completed manuscript, as well as a report on fellowship feedback and any significant edits made as a result, to the Board of Trustees. If the Board of Trustees decides not to forward the publication to the ABC for final Conference approval, it will notify the next ABC. ABC Delegates may accept the Board of Trustees' decision or direct ACA WSO to continue development of the project.

3. Final Conference Approval

Each year, the Board of Trustees will determine by the January Board Meeting with the Fellowship what literature it is forwarding to the ABC

for final Conference approval. Electronic access to each publication will be added to the ABC web page, and to the ABC delegate binder, so that delegates may access the publication at no cost. WSO will give delegates no-cost access to each publication in advance of the ABC. The Literature Committee and Board of Trustees will submit a statement of the publication's purpose to ABC delegates, along with a report documenting fellowship at large feedback and resulting revisions.

The Literature Committee will host an information session regarding projects that will be submitted to the Conference, and will invite registered ABC delegates to attend this meeting. Delegates are strongly encouraged to familiarize themselves with new literature projects before voting on whether to grant Conference approval.

Final Conference approval, based on extensive fellowship review, affirms that a piece of literature reflects the experience of the fellowship at large and is considered helpful to ACA members and groups in furthering recovery. Because of its unique status, Conference-approved 11 projects will feature a specified labeling and logo use, to clearly distinguish them from other ACA WSO literature projects. Even after conference approval is granted, the fellowship may continue to send comments and request additional revisions.

Further information is available in the "Logos Use for Literature Projects" section of the literature policy.