

ACA Fellow World Travelers Focus Meeting

<https://acafellowworldtravelers.com>

Who would like do service as co-host looking after the chat for today?

That includes

- Restrict the chat when sharing time starts; click on three dots choosing "host and co-host only".
- Open the chat after sharing time ends; click on three dots choosing "everyone and anyone directly".
- Answer questions asked in the chat.

Welcome and Preamble

Welcome to the ACA Fellow World Travelers Focus meeting for **Adult Children who suffered Narcissistic Abuse**. Hi, my name is _____, Adult Child and today's host.

This is an audio only meeting that will last for 60 minutes – today (*choose option*)

- followed by a 45 minutes RNA Business Meeting – feel welcome to join us right after the weekly meeting at 8.30 PM CET until 9:15 PM CET
- followed by 30 minutes of fellowship time

During this meeting we will abide by the spiritual and practical principles of the ACA program, sharing our experience, strength and hope concerning the topic.

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Serenity Prayer

Please join me in a few moments of silence followed by the ACA Serenity Prayer:

Higher Power, grant me the serenity to accept the people I cannot change,

The courage to change the one I can

And the wisdom to know that one is me.

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Readings

The readings are from the Big Red Book of ACA chosen for their relevance to this topic.

Note: the BRB refers only to narcissism as a trait, not to narcissistic abuse.

Would someone like to read, all or a couple of paragraphs each?

'Before recovery, most adult children assume they are wrong whatever the situation might be. If a mistake is made on the job, the adult child takes responsibility for it. If someone feels upset, we think we might have done something to cause the feelings in another. On the flip side we can blame others and avoid taking responsibility for our errors or poor behavior. We can judge ourselves harshly and place blame on ourselves and others willingly when such blame is not necessary.

Because of our shaming childhoods, adult children doubt and blame themselves in a knee-jerk reaction that is predictable and consistent, yet rarely observed until recovery is encountered. We react instead of thinking about options and then acting.

The guilty feelings we encounter when standing up for ourselves have their roots in not being allowed to ask for what we needed as children. Judging ourselves harshly comes from abusive or critical parents.' (p. 15)

Verbal and emotional abuse can be just as damaging as physical abuse even though there are no visible bruises. The body is badly bruised on the inside. We have been called vulgar names and labelled wrongly. We have been judged as inferior or unintelligent. We have been called no good. Many emotionally abusive parents believe they are disciplining the child with loving instruction. But in reality, they are undercutting the child's sense of self-worth. While the parent seeks to build respect and honesty within the child, the child can feel like a failure.

The effects of verbal and emotional abuse are hard to comprehend because we never thought to challenge what was said to us or about us until we found ACA. We can go through our adult lives silently condemning ourselves and doubting ourselves as a normal course of living.

In ACA we are talking about abuse and neglect that involves belittling, threatening, shaming, hateful and indifferent behavior by parents on a regular basis. This behavior produces a felt sense of shame and fear in the child. The ACA description of verbal and emotional abuse is based on specific parental behavior with observable results in the adult.' (from pages 29 – 31)

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Introductions

Thank you all for being here today. Let's go around the meeting and introduce ourselves and say where we're calling from. If you are new to this meeting or a newcomer to ACA today, would you please also introduce yourself. I will start. Hi I am _____ Adult Child and I am calling from _____.

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Crosstalk Guidelines and Sharing time

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 adult children 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. For our own clarity we keep the focus fully on ourselves, our own experiences and feelings, and speak from the "I" position. We work toward taking more responsibility in our lives rather than giving advice to others. Please refrain from thanking people for their share. The chairperson will acknowledge the speaker on behalf of the group. If these guidelines are unintentionally crossed, the chairperson might kindly remind you.

The chat feature will be restricted during the sharing time.

Any predatory behavior, or the use of discriminatory or derogatory language, goes against our unity and common welfare per Tradition 1 and will not be tolerated. If you have a concern relating to behavior or language, kindly speak up by sending a direct message to the co-host, or send an email to the service team at AcNarcAbuse@gmail.com. And, if anyone feels these meeting boundaries are not being respected, please feel free to bring it to the attention of the chairperson, and the chairperson will read this crosstalk statement again.

Should the meeting be disrupted there will be a pause while the host takes appropriate action. Please report any security concerns directly to the host.

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Sharing time

We limit our sharing time to 3 **minutes**. Please share only once until everyone has had the opportunity to share.

Who would like to be our spiritual 🕒timekeeper🕒 for today?

Thank you _____ (name timekeeper).

Please call '30 seconds' at **2 mins 30**, and 'time' at **3 minutes**.

Would you _____ (name timekeeper) like to share first?

The meeting is now open for sharing until 20 minutes past the full hour. Have a good meeting everyone.

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Conclusion (10 mins before the top of the hour)

This is all the time we have today. 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 shared with us today.

The chat feature is now open for exchange of information.

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Closing readings

Would someone like to read The Bill of Rights for Adult Children of Alcoholics and Dysfunctional Families, all or perhaps just a few items each?

1. I have the right to say no.
2. I have the right to say, "I don't know."
3. I have the right to detach from anyone in whose company I feel humiliated or manipulated.
4. I have the right to be treated with dignity and respect.
5. I have the right to be wrong.
6. I have the right to make mistakes and learn from them.
7. I have the right to make my own choices and decisions in my life.
8. I have the right to grieve any actual or perceived losses.
9. I have the right to all of my feelings.
10. I have the right to feel angry, including towards someone I love.
11. I have the right to change my mind at any time.
12. I have the right to a spiritually, physically, and emotionally healthier existence, though it may deviate entirely or in part from my parents' way of life.
13. I have the right to forgive myself and to choose how and when I forgive others.
14. I have the right to take healthy risks and to experiment with new possibilities.
15. I have the right to be honest in my relationships and to seek the same from others.
16. I have the right to ask for what I want.
17. I have the right to determine and honor my own priorities and goals, and to leave others to do the same.
18. I have the right to dream and to have hope.
19. I have the right to be my True Self.
20. I have the right to know and nurture my Inner Child.
21. I have the right to laugh, to play, to have fun, and the freedom to celebrate this life, right here, right now.
22. I have the right to live life happy, joyous, and free.

Thank you for reading.

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7th Tradition *(Copy and post into the chat)*

Our 7th Tradition states, "Every ACA group ought to be fully self-supporting, declining outside contributions."

Please send donations via PayPal directly to acafwt.treasurer@gmail.com (name of treasurer - Robert McConnell). If you would prefer to donate using an alternative to PayPal, please visit: <https://adultchildren.org/7th-tradition>

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For questions, comments and all other things please email to AcNarcAbuse@gmail.com.

(Copy and post into the chat)

ACA Website: <https://www.adultchildren.org>

Literature: <https://www.adultchildren.org/literature>

Newcomers: <https://www.adultchildren.org/newcomer>

Thank you to those who did service today *(choose from the list)*

- co-host
- timekeeper
- everyone for reading
- everyone holding space

Thank you also to those who do service for this meeting on an ongoing basis:

- Treasurer
- Business Meeting Chair
- Two co-secretaries
- WhatsApp admins

Without each of you we wouldn't have a meeting. Thank you for letting me be of service as today's host.

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Announcements

Are there any ACA related

Will those who care unmute themselves and join me in closing the meeting with the ACA Prayer:

Higher Power,
help me to become my own Loving Parent
and help me with the healing from my traumatic childhood.
Teach me how to be a Loving Parent to myself.
Guide me to the child within.
Thank you.

"Keep coming back, it works if you work it,
so work it because you are worth it 🌟🌟"

The **RNA Business Meeting** is starting now.

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Fellowship

If fellow travelers wish to have fellowship, the host or a regular member of the meeting may stay on as host for **up to 30 minutes** of informal conversation/OR or questions after the meeting.

The guidelines regarding no cross-talk and the prompt reporting of predatory behavior or security concerns still apply.

Sharing time is **4 minutes** – please **self-time**. During this time, it is possible to unmute in order to share and to thank other fellows for their shares. Sharing time starts now.