ACA Fellow World Travelers Focus Meeting

https://acafellowworldtravelers.com

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, followed by: *(choose option)*

- 30 minutes of fellowship time.
- a 30-minute Business Meeting – all are welcome to join us right after the weekly meeting at 8:30 PM CET until 9:00 PM CET.

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. The parents are undercutting the child's sense of self-worth. 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.

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.

We believe that something is wrong with us though we cannot voice what the thing is. With this belief, we can go through our adult lives silently condemning ourselves and doubting ourselves as a normal course of living. We may even begin to act shamefully to fulfill our parents' projection that we are bad or inferior. This means the internalization process is complete. We have accepted false labels as truth. We are engaged in thinking or behavior that supports the false labels.

But this is not who we are. This is not our True Self. ACA helps us find out who we are if we are willing to work the program and talk about what happened to us.

(from pp. 29-31)

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Step and Tradition of the Month:

Would someone like to read?

[Read one from each list corresponding to the number of the current month.]

Tony A's 12 Steps

1. We admitted we were powerless over the effects of living with alcoholism and that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could bring us clarity.
3. We made a decision to practice self-love and to trust in a Higher Power of our understanding.
4. We made a searching and blameless inventory of our parents because, in essence, we had become them.
5. We admitted to our Higher Power, to ourselves and to another human being the exact nature of our childhood abandonment.
6. We were entirely ready to begin the healing process with the aid of our Higher Power.
7. We humbly asked our Higher Power to help us with our healing process.
8. We became willing to open ourselves to receive the unconditional love of our Higher Power.
9. We became willing to accept our own unconditional love by understanding that our Higher Power loves us unconditionally.
10. We continued to take personal inventory and to love and approve of ourselves.
11. We sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of its will for us and the power to carry it out.
12. We have had a spiritual awakening as a result of taking these steps, and we continue to love ourselves and to practice these principles in all our affairs.

The 12 Traditions of ACA

1. Our common welfare should come first; personal recovery depends on ACA unity.
2. For our group purpose there is but one ultimate authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in ACA is a desire to recover from the effects of growing up in an alcoholic or otherwise dysfunctional family.
4. Each group is autonomous, except in matters affecting other groups or ACA as a whole. We cooperate with all other Twelve-Step programs.
5. Each group has but one primary purpose – to carry its message to the adult child who still suffers.
6. An ACA group ought never endorse, finance or lend the ACA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every ACA group ought to be fully self-supporting, declining outside contributions.
8. Adult children of Alcoholics should remain forever nonprofessional, but our service centers may employ special workers.
9. ACA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Adult Children of Alcoholics has no opinion on outside issues; hence the ACA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we maintain personal anonymity at the level of press, radio, TV and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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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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[To be read only on the third Friday of each month, when there is a speaker]:

Speaker

Today is the third Friday of the month so we will have a speaker who will share their experience, strength, and hope regarding ACA and recovery from narcissistic abuse, including tools and progress in recovery, for up to 15 minutes. Our speaker today is _____.

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Crosstalk Guidelines and Sharing Time

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

[To be read only on the third Friday of each month, when there is a speaker]:

It is the conscience of this group that referencing the content of today's speaker share is not considered crosstalk, though when sharing we focus on our own recovery by using "I" statements, refraining from saying "you" or addressing the speaker directly. If we identify with something in the lead share, we can say something like, "I relate to what I heard about [blank]."

If these guidelines are unintentionally crossed, the chairperson might kindly remind you.

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.

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 Host, or send an email to the service team at AcNarcAbuse@gmail.com.

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 **four minutes**. Please share only once until everyone has had the opportunity to share. The host will inform the group when the meeting is open to second shares.

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

Thank you _____ (name timekeeper).

Please call '30 seconds' at **three minutes 30 seconds**, and 'time' at **four minutes**. This is not to wind you up, but for you to wind your sharing down.

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.

Conclusion (20 mins past the full hour)

This is all the time we have for sharing 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.

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 inquiries please email 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)*:

- Tech Host
- timekeeper
- (third week only) speaker
- everyone for reading
- everyone holding space

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

- Secretary: Jonathan
- Speaker Finder: DeVon
- WhatsApp admin: ____
- Business Meeting Chair: DeVon

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 announcements?

- There is an upcoming **Business Meeting** on the first Friday of each month at **8:30 PM CET**, right after the weekly meeting. If you would like to see a topic discussed, please attend the meeting and propose a motion.

- We have a WhatsApp Group for members of the Recovery from Narcissistic Abuse meeting where members can:

  - Request outreach
  - Share "Experience, Strength, & Hope"
  - Share literature, clips, and other resources
  - Find meeting minutes and other meeting announcements.

  If you would like to join choose from one of the following options:

  - use the following link *(copy/paste into chat)* https://chat.whatsapp.com/JNqmTfyErYb6dzoRZ1itSo

  - scan the following QR code

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Will all those who care to 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. 🌟💫"

First week of the month: The ACA **Recovery from Narcissistic Abuse 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 for sharing and/or asking meeting-related questions. The goal of fellowship is to allow those who did not have a chance to share in the meeting to do so now, and for ACA-related questions to be raised. Instead of giving advice, we ask that members share their experience, strength and hope.

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 fellowship time, it is possible to unmute in order to share and also to thank other fellows for their shares.

- Are there any newcomer questions?
- Is there anyone who didn't have a chance to share in the main meeting who would like to share now? *Please raise your hand or unmute to share.*

Fellowship time starts now.