

Sample In-Person REPARING CHECK-IN MEETING Script

Throughout this document, words in italics are instructions for the reader; they're not meant to be read out loud. For the person guiding the check-in: a slow, steady pace with pauses at the end of sentences and a gentle tone supports this guided meditation. It's helpful to do the steps yourself when guiding to give space for answers to arise. Consider reading the reparenting check-in guided practice in Chapter 2 of the guidebook at your first meeting and then switching to this abbreviated version moving forward.

Before the meeting: pass out the reparenting check-in worksheet or help sheet (found at <http://lpg.adultchildren.org>).

Welcome to the Reparenting Check-In meeting of Adult Children of Alcoholics and Dysfunctional Families. My name is _____ and I am chairing this meeting. We meet for one hour. Please be sure all cell phones are set on do not disturb and put away during the meeting.

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 of reparenting, and by seeking conscious contact with a power greater than ourselves, 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.

Will you please join me in a moment of silence, followed by the (ACA) Serenity Prayer?

- I've asked a friend to read The Problem, which can be found on page 589 of the Big Red Book.
- I've asked a friend to read The Solution, which can be found on page 590 of the Big Red Book.
- I've asked a friend to read the Step of the month from The ACA Twelve Steps, which can be found on page 586 of the Big Red Book.

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

Introductions

If you're new to ACA or this meeting, please introduce yourself by your first name. This is not to embarrass you, but to welcome you and get to know you. (Newcomer introductions).

If you haven't already read part 1 of *The Loving Parent Guidebook*, you may find that it supports your participation in this meeting. Copies of the Reparenting Check-in Worksheet and handout are available on the table.

Let's go clockwise around the room and introduce ourselves by our first names. My name

is _____.

(After all intro`s) Welcome to all.

We encourage each member to share openly about their experience as time allows. This is a safe place to share your reparenting experiences without being judged. We ask each person to limit their sharing to three minutes (Two if over 35 people).

Can we have a spiritual timekeeper? The timekeeper will give you a 1-minute warning and let you know when the time is up.

Meeting Boundaries

When sharing to the group, we use the words "I" or "we" instead of "you" to focus on our own recovery. We are taking responsibility for our own lives rather than giving advice to others.

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

Meeting Format:

First, Second, Third and Fourth meeting of the month:

The first four meetings of the month are reparenting check-in meetings. The fifth meeting of the month is a speaker meeting where someone shares their experience related to reparenting.

This is an ACA reparenting check-in meeting.

In this meeting, we're learning to hear and affirm our inner children. This helps us act as adults grounded in the present rather than reacting from childhood coping mechanisms. The check-in meeting is intended to support, not replace, our personal reparenting check-in practice. We are each encouraged to find the connection with our inner child and inner teen that is authentic for our personal situation.

Dissociation is a survival tool from childhood. The first step of the check-in helps us return to our bodies or become aware of them. We find another piece of the puzzle to reconstruct our wholeness. We have all the parts within us, and we are finding them with the help of a loving parent and a power greater than ourselves.

The loving parent can attend to the inner child or teenager by attuning to what they need: nurturance, support, guidance, or celebration. Short, simple sentences seem to work best as does empathizing before offering reassurance or guidance.

When triggered, the inner child is prone to more vulnerable emotions like hurt, fear, sadness. The inner teenager is prone to feelings of anger, resentment, and frustration. Still, all parts of us can feel the full spectrum of emotions. Asking, "How old is this part of me?" can help you discern who needs attention and it's okay if we don't know.

(If group provides mirrors: You may find it helpful to have a mirror handy for when you tend to your inner child or teenager.)

Sharing ends 5 minutes before the close of the meeting at X:XX x.m.

Guided Reparenting Check-in (allow 3-5 minutes total)

For the next few minutes, you're invited to follow along silently as we do the Reparenting Check-in practice. At times during a check-in, strong feelings might arise. If they become overwhelming, please take care of yourself. That might mean placing your attention on an external object or sound, or taking a break from the check-in.

Let's begin with a moment of silence to help ground ourselves in the here and now.

(Ground) You're invited to close your eyes or soften your gaze. Notice your breathing in some part of your body where it's comfortable for you, without changing it. *(Pause and do this step yourself so there's time to experience the breath.)* What emotion(s) are you feeling? *(Pause 5-10 seconds, notice what emotion(s) you're feeling yourself.)* What physical sensations, such as constriction, fluttering, or warmth, tell you that emotion is here? *(Pause 5-10 seconds to feel any physical sensations yourself.)* Let yourself feel, as best you can, whatever you're feeling, taking care of yourself as needed. *(Pause 5-10 seconds.)*

(Who) Notice silently to yourself who needs the loving parent's attention now or in the recent past – the inner child, inner teenager, or both? It's okay if you don't know. *(Pause 20-30 seconds and notice for yourself who needs your loving parent's attention.)*

(What) What brought this state about? Was it a person, place, or thing? Was it the critical parent or distorted thinking? Some combination? It's okay if you don't know. *(Pause 20-30 seconds to identify this for yourself.)*

(Tend) Once you're feeling connected, curious, or compassionate toward the inner family member who most needs your loving parent's attention, tend to them, focusing on their feelings and needs. What do they need to hear or need you to do?... offering kind words, comforting touch, or silence? *(Pause for up to a minute, giving yourself time to connect within.)*

As we close, please take a moment to ground yourself back into the present moment. *(Pause 5-10 seconds.)* When you're ready you can open your eyes or lift your gaze, and reconnect with the world around you.

The sharing time will now begin. Who would like to share what you experienced during the check-in, which can include what your inner child or inner teenager needed to hear or needed you to do? Please raise your hand if you'd like to share.

Fifth meeting of the month

Today's meeting is a speaker meeting. Our speaker will share their experience, strength, and hope on reparenting for approximately 15-20 minutes. Speakers who elect to be recorded agree to have their share posted on the group's podcast by their first name only to help carry the message. After their share, we turn off the recording and then the meeting will open up for all to share on what was seen, heard and how they relate. We always share from the "I" position: I feel, I

believe, my experience is.

Our speaker is _____ who will share their reparenting experience, strength and hope with us.

[5 minutes before the close of the meeting - X:XX x.m.]

Our time for sharing has ended. It's now time to pass the basket for the 7th Tradition, which states that all groups are self-supporting, declining outside contributions. We have no dues or fees but we do have expenses. To support the vitality of this meeting, we suggest a \$2 donation.

Announcements

Are there any ACA related announcements?

The fifth meeting of the month, when there is one, is a speaker meeting. We need speakers who actively use this reparenting check-in and have worked their fifth step. If you are willing to be a speaker, please speak with the moderator after the meeting to sign up.

We need monthly meeting chairs. If you've attended this ACA meeting regularly for three months or more and are using the reparenting check-in, please see the chair after the meeting to sign up.

Does anyone have any other ACA related announcements?

(If time allows) Does anyone have a burning desire to share?

That's all the time we have for sharing. Thank you for being here, and please keep coming back.

It is time to read The Promises. They can be found on page 591 of the Red Book.

Will you please help me close the meeting with the ACA serenity prayer?

Keep coming back. It works if you work it, so work it, you're worth it.

Groups - Please note:

Modifying the reparenting check-in process or using it for commercial purposes is not allowed. If using this process outside of ACA meetings and groups, always give written and verbal credit to ACA WSO, citing www.adultchildren.org.