

Sample Phone REPARING CHECK-IN Meeting Script (Pop-in and Silent Guided Options)

Phone XXXXXXXX Conference access code xxx# Moderator Code - - - - - #

Note to Moderator: To mute all, press *5 and press *1 to unmute yourself

Welcome to *The Loving Parent Guidebook* Reparenting Check-In Practice Meeting of Adult Children of Alcoholics and Dysfunctional Families. My name is _____ and I am the moderator today.

Pop-in Guided Format: We meet to practice hearing, affirming, and speaking to our inner children and listening to others model these skills. We meet for up to an hour, or until we complete the check-in practice.

Silent Guided Format: We meet to practice hearing, affirming, and speaking to our inner children and to listen to others model these skills. Sharing time ends at _____. (end time)

The Solution is to become your own loving parent and the ACA reparenting check-in process helps us do that. It helps us to 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.

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

Introductions

If you're new to ACA or this meeting, please introduce yourself by your first name and location if you wish. Please press *1 to unmute. (after newcomer intros) We are glad you are here, please keep coming back.

Moderator: if you or a newcomer greeter can stay after the meeting announce: Would someone be our newcomer greeter and stay after the meeting to answer questions and/or leave your phone number or email address?

Let's introduce ourselves by our first names. My name is _____.

(after all intro`s) Welcome to all. The ACA reparenting check-in practice can be emotionally activating. It is your choice to do this practice or not, or engage at whatever level is comfortable for you. This is a safe place to practice reparenting without being judged.

Pop-in Guided Meeting Format: In the last reparenting check-in step we ask each person to limit their sharing to one minute (two if fewer than ten people). Can we have a spiritual timekeeper?

The timekeeper will say “time” at one minute in the last check-in step if needed. Please wrap up your share at that time. (Can be up to 2 minutes, depending on attendance)

Silent Guided Meeting Format: We ask each person to limit their sharing to three minutes (two if more than 30 people) Can we have a spiritual timekeeper? The timekeeper will give you a 1-minute verbal cue by announcing "1 minute," and let you know when the time is up by stating, "Time."

We ask that everyone respect the following meeting boundaries:

- Please mute your line when not speaking.
- Please use the words "I, me, and my" to share your personal experience. Please avoid the use of "you, we, and us" except when speaking directly to your inner child or inner teenager, since it takes the focus off your unique perspective.
- We do not ‘cross talk’, which means: we do not refer to, negatively or positively evaluate, or comment on anyone else’s sharing.
- [Pop-in format: Because it can be triggering for others, please do not go into specific details, including memories, or other content about why your inner child or inner teenager is or was triggered. We focus on tending to the feelings, not why the feelings occurred.]
- Anything heard at this meeting stays at the meeting. Please respect the privacy and vulnerability of those who shared here today.

Meeting Format:

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

The first four meetings of the month are reparenting check-in practice meetings. The fifth meeting of the month, a speaker shares their experience related to reparenting before opening up to shares.

This is a reparenting check-in meeting.

The loving parent can attend to the inner child or teenager by attuning to what they need: nurturance, support, guidance, or celebration. We validate how the part we’re connecting with feels, and what they need. We do not validate the story or distorted thinking, however, or go into specific details about a trigger. This is a crucial distinction and keeps the focus on the solution. Short, simple sentences seem to work best. The most helpful reparenting often prioritizes the validation of feelings and needs before offering reassurance or guidance.

When triggered, the inner child is prone to 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 range of emotions. Asking, "How old is this part of me?" can help you discern who needs attention, and it's okay not to know.

If more than one part of you needs attention, you can work with them both, one after the other. It can help to start with the inner family member who has the strongest feelings and let the other one know that you will tend to them next.

You may find it helpful to have a mirror handy for when you tend to your inner child or teenager.

Pop-In Guided Format: The moderator guides each part of the ACA reparenting check-in and pauses for members to share briefly in each stage.

The willingness to speak to our inner child or teenager and be witnessed in a group can be a powerful and validating experience for them. It helps break the don't talk rule and dissolves our shame as we start to see ourselves as we truly are. It is also a very vulnerable act. Each member always has the option to practice in silence.

The check-in will end X (5-7) minutes before the close of the meeting at X:XX x.m. or earlier based on attendance.

Silent Guided Format: For the next few minutes, each member follows along silently as the moderator guides the ACA reparenting check-in, followed by sharing time. Sharing time will end X (5-7) minutes before the close of the meeting at X:XX x.m.

Pop-In Guided Format (allow 15-42 minutes total) After each check-in step, I will prompt for sharing. You're invited to "pop" in and give a brief response. You're welcome to say your name when you share but it is optional. When finished, please say pass.

Please take care of yourself as needed, which may mean moving your attention to sounds or a color or object in the room. (Pause – 5 seconds)

1) Eyes can be open or closed. You're invited to notice silently to yourself your breath where it's most comfortable for you, without changing it. Notice in silence, what emotion(s) you are feeling. Again, in silence, what physical sensations – like constriction, fluttering, warmth – tell you that emotion is here? Please share what you noticed about your breath, emotions and sensations in a few words, saying pass when you're done.

2) Who needs the loving parent's attention – the inner child, inner teenager, both, or don't know?

3) What activated this part of you. People, places or things? The critical parent or distorted thinking? (Moderator: if you hear people expressing more pleasant emotions add this prompt: The loving parent?) Some combination? Maybe you don't know.

4) You're invited to notice in silence how you feel toward the part who needs the loving parent's attention. Connected? Curious? Compassionate? If not, how can you access these qualities to

reparent? (Pause for a few moments) If this is a challenge, return to this step when your loving parent is available. (Pause for a few moments.)

As best you can you're invited to tend to this part of you, speaking directly to this part and empathizing with how they feel and what they need without going into details about the trigger. You may find it helpful to place a hand on your heart or wherever feels soothing. What does this inner family member need you to say, need you to do, which may include taking action for them, like setting a boundary, speaking up, etc.

(To encourage "live" sharing, allow people to pop-in right after asking this question. Wrap up when members seem to be complete with sharing)

Please press *1 to share and then *1 to remute

(After sharing) As we move to close, taking in your surroundings or sounds to ground back in the present moment. (Pause a few seconds) Allowing a moment to notice what it was like to check-in and hear others do the same, exploring the possibility that this practice may have shifted or could shift your experience to being more connected, which is a foundation of reparenting. (Pause for a few moments).

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

It's always your choice to do this exercise at whatever level of engagement feels comfortable, or not at all. Please take care of yourself, which may mean moving your attention to sounds or a color or object in the room that attracts your gaze. I invite you to do that now, noticing your environment through sound or sight. (pause for a few seconds). For the next (3 or 4) minutes, you're invited to notice your answers in silence as I guide the check-in.

- 1) You're invited to close your eyes or have a soft gaze. Notice, silently to yourself your breath where it's most comfortable for you, without changing it. (Pause 10 seconds) Notice what emotion(s) you are feeling. (Pause 10 seconds) Tune into any physical sensations – like constriction, fluttering, warmth –that tell you that emotion is here? (Pause 10 seconds) Please share what you noticed about your breath, emotions and sensations in a few words, saying pass when you're done.
- 2) The focus of this step is on your younger selves. Who needs the loving parent's attention – the inner child, inner teenager, both, or don't know? (Pause 20 seconds)
- 3) What activated this part of you? People, places or things? The critical parent or distorted thinking? Some combination? Maybe you don't know. (Pause 10 seconds)
- 4) You're invited to notice in silence how you feel toward the part who needs the loving parent's attention. Connected? Curious? Compassionate? If not, how can you get the loving parent here?

(Pause for a few moments)

As best you can, as your inner loving parent, tend to this part of you. You may find it helpful to place a hand on your heart or wherever feels soothing. What does this part of you need to hear from you or need you to do, which may include taking action for them, like setting a boundary, speaking up, etc? (Pause for 45 seconds)

You're welcome to lift your gaze or open your eyes. (Moderator: Pause for a moment)

As we move to close, taking in your surroundings or sound to ground back in the present moment. (Pause a few seconds) Allowing a moment to notice what it was like to check-in, exploring the possibility that this practice may have shifted or could shift your experience to being more connected, which is a foundation of reparenting. (Pause for a few moments).

The sharing time will now begin. Who would like to share what you experienced during the check-in? This can include what your inner child or inner teenager needed to hear or needed you to do, how you felt toward this part of you, and if they were able to receive it. The moderator will call on you in the order you raised your hand.

Hi, _____, please go ahead. [Press *1 if you need to unmute]

Fifth meeting of the month

The first four meetings of the month are reparenting check-in practice meetings. The fifth meeting of the month a speaker shares their reparenting experience, strength, and hope before opening to shares.

Today's meeting is a speaker meeting. Our speaker will share their experience, strength, and hope on the topic of reparenting for approximately 20 minutes. Speakers who elect to be recorded agree to have their share posted on the group's podcast as their first name only to help carry the message. After their share, we turn off the recording and open the meeting 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 experience, strength and hope with us.

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

Our time for sharing has ended. As per the 7th Tradition we are self-supporting declining outside contributions. There are no dues or fees associated with this telephone conference, but WSO (World Service Organization) has expenses. If you'd like to contribute to WSO, please go to www.adultchildren.org for that information. A schedule of telephone, online, and face-to-face meetings can also be found there along with the ACA daily meditation and ACA events. You can also sign up by email to receive the Traveler Newsletter which contains monthly information for

the ACA program.

Reading Part 1 of *The Loving Parent Guidebook* and Chapter 8 in the Big Red Book can support your participation in this meeting. The Reparenting Check-in Worksheet and handout are available from the group secretary or at <http://lpg.adultchildren.org>.

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 moderators. If you've attended ACA meetings regularly for three months or more, are working in the yellow book, and are using the reparenting check-in, please see the moderator after the meeting to sign up.

If you need to close the room: The room closes when the moderator hangs up. (Each moderator decides if and for how long they want to leave the room open.)

Who would like to read The Promises, found on page 591 of the Big 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.

If keeping the room open: I now turn the meeting over to our Newcomer Greeter_____. The meeting is now open for fellowship.

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.