

The Step and Tradition of the Month

January

Step 1

We admitted we were powerless over the effects of alcoholism or other family dysfunction, that our lives had become unmanageable.

Tradition 1

Our common welfare should come first; personal recovery depends on ACA unity.

February

Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 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.

March

Step 3

Made a decision to turn our will and our lives over to the care of God as we understand God.

Tradition 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.

April

Step 4

Made a searching and fearless moral inventory of ourselves.

Tradition 4

Each group is autonomous except in matters affecting other groups or ACA as a whole. We cooperate with all other Twelve-Step programs.

May

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5

Each group has but one primary purpose – to carry its message to the adult child who still suffers.

June

Step 6

Were entirely ready to have God remove all these defects of character.

Tradition 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.

July

Step 7

Humbly asked God to remove our shortcomings.

Tradition 7

Every ACA group ought to be fully self-supporting, declining outside contributions.

August

Step 8

Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition 8

Adult Children of Alcoholics should remain forever nonprofessional, but our service centers may employ special workers.

September

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9

ACA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

October

Step 10

Continued to take personal inventory and, when we were wrong, promptly admitted it.

Tradition 10

Adult Children of Alcoholics has no opinion on outside issues; hence the ACA name ought never be drawn into public controversy.

November

Step 11

Sought through prayer and meditation to improve our conscious contact with God, as we understand God, praying only for knowledge of God's will for us and the power to carry that out.

Tradition 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.

December

Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others who still suffer, and to practice these principles in all our affairs.

Tradition 12

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

INC., ACA WSO. ADULT CHILDREN OF ALCOHOLICS/DYSFUNCTIONAL FAMILIES . ACA WSO INC..
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