

ACA 12 Step 4 X 4 Workbook Study Group ~ 12/2020
“The Laundry Lists Workbook Study- Integrating our Laundry List Traits”

- Part 1: Participant and Introduction
- Part 2: Script for Meeting
- Part 3: Weekly Plan

Part 1: Participation.

Together we agree to embark on this 28 week-long recovery journey and I understand that my fellow travelers and I are Adult Children that are working towards healing. We are not perfect people or this a perfect process. In this spirit I will agree to commit to attend regularly, participate in sharing responsibility for chairing and if I have an issue I will check in with myself first and if needed address it with my fellows openly in a positive, constructive manner. I understand this is a crash course intensive study requiring me to commit fully to the weekly meeting and if I need to drop out I will communicate it with the group. “From a space of Love we give service to ACA so that every adult child seeking recovery may find a safe space.”

Note: It may be helpful to read the Appendices in the **Traits Workbook~**
Appendix A on ‘Completing the Circle on Pgs. 54-155 and
Appendix C review of the 14 Traits on Pgs.160-167 and
Appendix E ‘Awareness vs. Consciousness’ Pg, 175

Part 2: Meeting Script

Lets open the meeting.

Hello. My name is (_____). Welcome to 4x4 meeting of Adult Children of Alcoholics on Zoom.

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, and by accepting a Higher Power of our understanding, we find freedom from the effects of alcoholism and other family dysfunction. By identifying with the four aspects of each of the 14 Laundry List Traits we begin a recovery process. By focusing on 2 aspects per LL Trait each week we seek to integrate the traits toward spiritually awakening our true self, and to learn to re-parent ourselves with gentleness, humor, love, and respect.

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

Volunteer reads **Laundry List**-Pg.160

Volunteer reads **The Solution**- BRB Pg. _____ or read

What Does Recovery Look Like? Yellow Wkbk Pg.ix

You may have related to our readings even if there was no apparent alcoholism or addiction in your home. This is common because dysfunction can occur in a family without the presence of addiction.

May we go around the room and **introduce ourselves by our first name.**

The ACA program is not easy, but if you can handle what comes up at six consecutive meetings, you will start to come out of denial. This will give you freedom from the past. Both you and your life will change.

Sharing; We encourage each member to share openly about his or her 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 share with us today.

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.

By attending weekly, doing the homework questions and sharing we come to know and begin to act as our True Selves. It is suggested each person to limit their sharing to ___ minutes.

To do this in 28 weeks we will deal directly with the exercises in the 4 x 4 Traits Workbook, reviewing the questions before each meeting and sharing on topic and on schedule. Lets begin with the **Set Aside Prayer.**

Dear God, Please help me to set aside everything I think I know about myself, the disease, the BRB, and the 12 Steps- everything I think I know about the program, the fellowship, all spiritual terms and especially about You, God, so that I may have an open mind and a New experience. Please help me to see the truth. Amen

We share weekly alternating on the **Laundry List** and **Other Laundry List** (opposite) (and then on **Flip Side of the Laundry List** and **Flip Side of Other Laundry List**

Today's meeting is on **Trait # _____** on page _____.

We can now begin sharing with or without timer.

Group sharing ends

Meeting Closing:

The 7th Tradition states that "Every ACA group ought to be self supporting, declining outside contributions.". *(If time allows)* Does anyone else have a burning desire to share? **If not,** That's all the time we have for sharing. Thank you for being here and please keep coming back.

Volunteer reads **the Promises** Pg. 176

Affirmation : Please join me in a meditation:

Higher Power, Help me to recognize the loving parent inside of me. Help me integrate my inner child more actively into my daily life so that I may remain awake spiritually. Grant me the courage to change the things I can and grant me the wisdom of my inner child.

Lets please close the meeting with the **ACA Version of the Serenity Prayer**

Keep coming back. It works if you work it.

Part 3: Suggested Schedule

ACA “4 x 4” Traits Workbook

Schedule Suggestion:

Wk .	Date	Topic	Reading & Q's. Pgs.	Exercises –Questions Pgs.
1		Trait 1	Pgs. v. ~ 4	Reflections Questions (1-7 & 1-7)
2		Trait 1	Pgs. 7-9	Flip LL and Flip Other LL -Questions (1-4 &1-5)
3		Trait 2	12-17	Reflections Questions (1-7 & 1-7)
4		Trait 2	17-19	Flip LL and Flip Other LL -Questions (1-6 &1-6)
5		Trait 3	22-26	Reflections Questions (1-7 & 1- 6)
6		Trait3	27-32	Flip LL and Flip Other LL -Questions (1-8 &1-6)
7		Trait4	32-36	Reflections Questions (1-6 & 1-5)
8		Trait 4	37-39	Flip LL and Flip Other LL -Questions (1- 4 &1-6)
9		Trait 5	42-46	Reflections Questions (1-6 & 1- 6)
10		Trait 5	47-49	Flip LL and Flip Other LL -Questions (1-5 &1- 8)
11		Trait 6	52-59	Reflections Questions (1- 8 & 1-6)
12		Trait 6	60-63	Flip LL and Flip Other LL -Questions (1- 6 &1-9)
13		Trait 7	66-71	Reflections Questions (1-7 & 1-6)
14*		Trait 7*	71-73	Flip LL and Flip Other LL -Questions (1-5 &1-4)
15		Trait 8	76-80	Reflections Questions (1-7 & 1-5)
16		Trait 8	81-83	Flip LL and Flip Other LL -Questions (1-7 &1-4)
17		Trait 9	86-92	Reflections Questions (1-8 & 1-8)
18		Trait 9	92-95	Flip LL and Flip Other LL -Questions (1- 7 &1-7)
19		Trait 10	98-102	Reflections Questions (1- 4 & 1-5)
20		Trait 10	103-107	Flip LL and Flip Other LL -Questions (1-5 &1-6)
21		Trait 11	110-115	Reflections Questions (1- 5 & 1-5)
22		Trait 11	116-118	Flip LL and Flip Other LL -Questions (1-4 &1- 8)
23		Trait 12	120-125	Reflections Questions (1-8 & 1- 4)
24		Trait 12	126-129	Flip LL and Flip Other LL -Questions (1-7 &1- 7)
25		Trait 13	132-138	Reflections Questions (1-5 & 1-4)
26		Trait 13	137-139	Flip LL and Flip Other LL -Questions (1-4 &1-4)
27		Trait 14	142-147	Reflections Questions (1- 5 & 1-4)
28		Trait 14	147-150	Flip LL and Flip Other LL -Questions (1- &1-)
29*			Vision Statement	

* Optional Midway Break and Ending week (?)