

THE WORDING IN THE 12 STEPS

We is the first word of each of the 12 Steps of ADULTS ABUSED AS CHILDREN ANONYMOUS. Even though it is only written out in Step 1, it is implied that “We” begins all the Steps. We understand that the Steps are not designed to be gone through by ourselves. It is our relationship with a Power greater than ourselves that is paramount in helping us create the changes in our lives that we have needed. It is *this* power that guides, supports and helps us through the Steps. We are not alone. The idea and exploration of this greater Power is up to each of us as individuals. Even then, it is not uncommon for our understanding of this power to change over time.

Some of the common references that people use to relate to this **Power** are:

Spirit	God/Goddess
Universal Intelligence	Higher Self
Higher Power	Divine Mind
Source	Tao
All That Is	Great Mystery
Nature	Universe

Adults Abused As Children Anonymous is a non-denominational program. We do not discuss religious views in the meetings.

The pronoun **Him** and the word **God** used in the 12 Steps of ADULTS ABUSED AS CHILDREN ANONYMOUS have been retained from the original 12 Steps of

Alcoholics Anonymous written in 1939. Adults Abused As Children Anonymous has no opinion on the gender of a Power greater than ourselves.

A sponsor is also a part of the “We”

In addition to a Power greater than ourselves, we also go through the Steps with other members of the ADULTS ABUSED AS CHILDREN ANONYMOUS program. We are encouraged to ask a specific member to be our sponsor. A sponsor is a trusted member who guides or helps us as we progress through each Step. Ideally, they have been through the Steps themselves. (Some ask a therapist, clergy, mentor or a trusted friend to be their sponsor, since confidentiality is paramount!) We all share something in common in this 12 Step group...a childhood of abuse. We connect with others who understand and are ‘there’ for us when we need them. The Steps were not designed to be done in isolation and sometimes we need another to hold the space for us to fall apart. However, some of us who do not have access to a meeting will successfully progress through the Steps with another trusted person.