

WORKING THE PROGRAM OF ADULTS ABUSED AS CHILDREN ANONYMOUS

Newcomers often ask, “How do we work the program of ADULTS ABUSED AS CHILDREN ANONYMOUS?” Going through the 12 Steps gives us a way to structure our lives in sync with what we want, in addition to teaching us how to do it. The most effective way to begin, is to go through each Step, preferably in order beginning with Step 1. Since one Step builds on the others, we gain understanding from a previous one in order to work the Step we’re on. Focusing on the Steps is a tool others have found helpful. We do this by reading literature on a particular Step or about a certain situation, journaling about it and sharing it with someone else, such as a sponsor. As we go through each Step we see how it applies to our lives today and also how it sheds light on what it brings up from the past.

Involving others breaks our isolation tendency. We practice trust, honesty and courage when we choose to connect with another person. Making phone calls to another member or trusted friend, attending ADULTS ABUSED AS CHILDREN ANONYMOUS meetings, listening to others share their experiences and sharing our own are ways to include others in our program of recovery.

Service, or giving of self, offers us the opportunity to make a difference as well as gives us a way of expressing our gratitude for all we have received. In the program we might sponsor another member, call someone who needs support or volunteer at a meeting.

Maintaining our desire and inner passion for happiness by caring about ourselves is the foundation of the program, as this desire motivates, fuels and directs our thinking and our actions. We knew what we wanted for ourselves, but we didn’t know how to make it happen. Repeating meaningful affirmations, prayer and meditation are effective ways to connect with a Power greater than ourselves

which reminds us that with help, we can change. We welcome personal growth knowing it is the key to these changes and we discover choices we didn't even know we had.

We use all these tools to support our aim of rebuilding our lives one day at a time!