

What is ADULTS ABUSED AS CHILDREN ANONYMOUS?

ADULTS ABUSED AS CHILDREN ANONYMOUS is a program of 12 Steps for Adults Abused As Children to follow to help us heal from our child abuse. The program suggests that we attend group meetings on a regular basis, if possible. We are supported and organized only by our members. It operates independently of any outside funding, thus we are a fellowship of men and women who come together with a common issue as adults abused as children. We have no fees or dues, no pledges to sign, no promises to make to anyone.

As Adults Abused As Children, we may discover a new action we could take or a new attitude we could adopt by listening to others as they work through the 12 Steps themselves and, in addition, our share may help another. The only requirement is the desire to heal. All of the Steps are a suggested program of recovery based on the experiences of those who came before us.

As we work through the Steps, it is advised that we choose another member of ADULTS ABUSED AS CHILDREN ANONYMOUS to be our sponsor. A sponsor is someone we trust who has already worked the Step we are on and can assist us in understanding it for ourselves as we go through it. We always choose who our sponsor is and we can change sponsors for any reason at any time.

The anonymous aspect of the program reminds us that everything shared from one member to another, by any member in the meeting or outside of it, is held in the strictest nature of confidentiality. In addition, we realize that although we are each unique in our individuality, we are all equal in the program with none of us being more important or special than another.

As adults we need a safe place where we can go to feel supported, where we can grow and become better informed about the effects that child abuse has had on our lives. We will discover how our past abuse has shaped who we are today so we can begin our path to lasting change and find the healing that we have so longed for. This is the goal of the 12 Step program of ADULTS ABUSED AS CHILDREN ANONYMOUS.