

Appendix H: Toolkit

The columns below represent some of the tools we can use alone or with others—consider it a quick reference for program guidance and actions coming from love. Some adult children use an inventory like this to help them remember to take care of themselves, as a loving parent would. Remember the slogan: Easy does it. The goal is not to check all boxes in a day but to use this reference sheet to help you to support your recovery.

Toolkit	Date								
	Managing Takeovers								
	Grief, Family of Origin Work								
	Service								
	Step Work, Steps 1-3								
	Sponsor / Fellow Traveler(s)								
	ACA Meeting								
	Physical Movement								
	Play, Fun								
	ACA Literature								
	Journal / Non-dom								
	Mirror Work								
	Reparenting, Check-in								
	Affirmations								
	Step 11 (mindfulness, etc.)								
	Step 10 Inventory								

