


A GUIDE TO THE TWELVE TRADITIONS

TRADITION 8



*"Adult Children of
Alcoholics should remain
forever non-professional,
but our service centers
may employ special
workers."*

Welcome Fellow Travelers!

Thank you for joining us today for our workshop on ***Tradition 8*** of ***"A Guide to the Twelve Traditions!"*** workshop series.

"Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers."

This workshop is being recorded and the audio will be available at a later date. We kindly ask you to please rename yourself using your first name only.

Serenity Prayer

Higher Power,
grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Introduction of our presenters and tech hosts.

Agenda

- A. Workshop Mission & Intent of the Twelve Traditions
- B. Suggested Commitment to Service
- C. Workshop Guidelines
- D. Introduction of the Tradition
- E. Presentation of the Skit
- F. Discussion Questions
- G. Takeaways
- H. Close with the Tradition Meditation

Our Mission

To provide education and experience through a series of 12 workshops on how The Traditions work to keep meetings safe and recovery oriented by practicing spiritual principles.

Intent of the Twelve Traditions

BRB pp 489 - 490

The ACA Traditions outline fellowship unity, group autonomy, and the ultimate authority of ACA - a loving Higher Power - as expressed in our group conscience.

The ACA Traditions frame our leadership style in the language of being a trusted servant. We avoid a style of governance or authority over another.

Anonymity coming from love underlines all of the Traditions and our group conduct. *With the Twelve Traditions, we sustain ACA groups that allow the ACA Solution of reparenting one's self to emerge and thrive.*

The Suggested Commitment to Service

BRB p. 601

I perform service so that my program will be available for myself, and through those efforts, others may benefit. I will perform service and practice my recovery by:

1. Affirming that the true power of our program rests in the membership of the meetings and is expressed through our Higher Power and through group conscience.
2. Confirming that our process is one of inclusion and not exclusion; showing special sensitivity to the viewpoint of the minority in the process of formulating the group conscience so that any decision is reflective of the spirit of the group and not merely the vote of the majority.
3. Placing principles before personalities.

The Suggested Commitment to Service

BRB p. 601

4. Keeping myself fit for service by working my recovery as a member of the program.
5. Striving to facilitate the sharing of experience, strength, and hope at all levels: meetings, Intergroups, Regional committees, service boards, and World Services.
6. Accepting the different forms and levels of service and allowing those around me to each function according to their own abilities.

The Suggested Commitment to Service

BRB p.601

7. Remaining willing to forgive myself and others for not performing perfectly.
8. Being willing to surrender the position in which I serve in the interest of unity and to provide the opportunity for others to serve; to avoid problems of money, property, and prestige; and to avoid losing my own recovery through the use of service to act out my old behavior, especially in taking care of others, controlling, rescuing being a victim, etc.
9. Remembering I am a trusted servant I do not govern.

Workshop Guidelines

We share in a general way. For our purposes today, we kindly ask everyone to focus on the topic being presented so that we may cover all the material. Please remember to employ:

- ✓ Principles over personalities
- ✓ Curiosity over criticism
- ✓ Progress not perfection
- ✓ Service coming from love
- ✓ HALT: Humility, Acceptance, Love, & Tolerance

Tradition Eight

*Adult Children of Alcoholics should remain forever non-professional,
but our service centers may employ special workers.*

Spiritual Principle

Equality

Equality

BRB pp.529-531

A few special workers were hired to run ACA offices and answer telephones. Common sense revealed that they were not professionals benefiting from ACA's name and should be paid comparable wages for their work.

Those crossing the line of professionalism tend to involve a therapist who conducts group sessions for adult children, calling the session an ACA meeting and charging the clients for the sessions.

Tradition Eight addresses a wide range of issues. The heart of the matter is that the demand for ACA meetings and ACA support is far greater than the number of groups and volunteers we have available to meet the demand. But our members meet that call each day, each week, and each month. We do all we can to make ACA available to the greatest number of people. We give our time and our own money because we believe in helping one another.

Tradition Eight Skit Introduction

Part 1 represents a dialogue during a recovery meeting.

Part 2 is a dialogue occurring after the meeting

Tradition Eight: Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers.

Tradition Eight Skit

Part 1 represents a dialogue during a recovery meeting.

Drew – Hi, my name is Drew. I saw information about your group and thought I'd attend one of your meetings. And now I'm really recognizing how a mental health professional like me could take people so much further in their recovery than what they can do in meetings.

Lee – Hi, I'm Lee and I'm new to this meeting. Drew - I'd really like to talk about this because I don't think my therapist really recognizes Adult Child issues and that makes me sad and uncomfortable. I wonder if he's the right therapist for me.

Jo – Hi, I'm Jo. I want to share next, but first I need to say that I'm feeling unsafe – can we have a group conscience about reading Tradition 8? The reason I'm bringing this up is that this is not a place for people to promote their business.

Chair – Let's have a show of hands. How many would like Tradition 8 read? Ok – the vote is 6 yes, 1 no, 3 abstain. So now I'll read Tradition 8: "Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers."

Jo – Thank you. This was helpful for me. I'd like to share now. Hi, my name is Jo and I'm a recovering Adult Child. Having a safe place where I can share my feelings builds trust for me. I have been mistreated by professionals and authority figures and my trust issues were triggered. This week I've been dealing with feelings around my ex who is giving me problems with child support.

Tradition Eight Skit

Part 2 represents a dialogue occurring after the meeting

Drew – I appreciate what was said in the meeting about Tradition 8. Now that I understand ACA employs special workers, how do I find out about that?

Jo – Well actually, because we are not a counseling organization, we don't have therapists as employees. Our special workers mainly fulfil the business aspects of the organization.

Tradition Eight: Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers.

Discussion Questions

While it was difficult to present a skit that would fully get to what this Tradition is about, we have included questions that are meant to look at the whole Tradition.

Tradition Eight: Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers.

Discussion Question 1

What are examples of what's harmful or not harmful shares if someone is a therapist who attends ACA meetings?

Tradition Eight: Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers.

Discussion Question 2

What is a Special Worker and why do we have them?

Tradition Eight: Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers.

Discussion Question 3

What might happen if we pay professionals to carry the ACA message for us?

Tradition Eight: Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers.

Discussion Question 4

Why is it important that the BRB says on p.528, "Each ACA member is equal to the next and has an equal voice regardless of job status or career track."?

Tradition Eight: Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers.

Discussion Question 5

How would a group deal with a member who continually mentions their profession in their share?

Tradition Eight: Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers.

Discussion Question 6

How can the spiritual principle of Equality for Tradition Eight be reflected in our personal recovery?

***Tradition Eight: Adult Children of Alcoholics should remain forever non-professional,
but our service centers may employ special workers.***

Additional Thoughts & Takeaways

Resources

- Contact us at traditions@acawso.org
- Workshop recordings and slides located at:
<https://adultchildren.org/traditions-workshops/>
- Workshop dates and Zoom information found at:
<https://acawso.org/events/>

7th Tradition Contribution

"Every ACA group ought to be fully self-supporting, declining outside contributions."

Your contribution is a critical part of maintaining WSO services and delivering the message to the adult child who still suffers.

<https://adultchildren.org/7th-tradition/>

Closing Tradition Eight Meditation

Higher Power. Remind me that the direction of our program comes from the ACA members and the groups. Remind me that we must make our own decisions. Guide us when we discuss the need to hire special workers that will help us fulfill ACA's primary purpose. Grant us the wisdom to make the best decisions for our groups, service structure, and our fellowship as a whole.

Thank You For Joining Us Today!