

STEP SETS for FELLOWSHIP REVIEW

Set I

1. I acknowledge that a part of my inner child has been crying out for help and my life has become unmanageable.
2. I understand that the healing of my inner child is needed for my recovery.
3. I ask my inner child to trust my inner loving parent and my higher power.
4. I reassure my inner child that it is safe to open up to me and ask them to tell me their whole story.
5. I listen to my inner child's story and we share it with a loving person of our choice.
6. I gently explain to my inner child that the laundry list traits are not their fault, and they helped them survive.
7. I ask my inner child to let my inner loving parent help them shift from hurting behaviours to healing behaviours.
8. I acknowledge the ways my inner child has been hurt and I become willing to re-parent.
9. I apologize to my inner child for the wounds of the past, promising to love and care for them.
10. I continue to listen to my inner child, soothing their fears and sharing their joy, with the help of my inner loving parent.
11. I use prayer, meditation or other healing tools to more deeply connect my inner child, my inner loving parent and my higher power.
12. I have had a spiritual awakening as a result of working these steps with my inner child and I will continue to love them unconditionally.

STEP SETS for FELLOWSHIP REVIEW

Set 2

1. We admitted that we have experienced trauma from growing up with dysfunctional caregivers that made our lives unmanageable.
2. We realized we needed to turn to others for help.
3. We turn to our community and our spiritual resources to validate ourselves as worthwhile people, capable of creativity, care and responsibility.
4. We have taken a deep look at our dysfunctional society and our childhood and acknowledge those ways in which we have learned dysfunctional behaviors, particularly the ways we have devalued or escaped from our own feelings and needs for community and affirmation.
5. We realize that our high expectations for ourselves have led us either to avoid responsibility and/or to overinvest ourselves in others' needs. We ask our community to help us discern how and when this happens.
6. Life can be wondrous or ordinary, enjoyable or traumatic, danced with or fought with, and survived. In our community we seek to live in the present with its wonder and hope, and we become ready to change.
7. The more we value ourselves, the more we can trust others and accept how that helps us change. We are discerning and caring.
8. We affirm our gifts and strengths and acknowledge our weaknesses. We are especially aware of those who depend on us and of our influence on them.
9. We commit to changing our behaviour so it aligns with our principles. We will amend our dysfunctional behaviors with our children, family, friends and colleagues. We will make it clear to them (particularly our children) that what our trauma caused in the past was not their fault.
10. As we are learning to trust our feelings and perceptions, we

will continue to check them carefully with ourselves and with our community, which we will ask to help us discern dysfunctional behaviours we may not yet be aware of. We celebrate our progress toward wholeness individually and in community.

11. Drawing upon the resources of our beliefs, we affirm our competence and confidence. We seek to follow through on our convictions with the support of our community and the love of something greater or other than ourselves.
12. Having had insights as a result of these steps, we are more able to use these principles, to draw on the love and wisdom inherent in and around us, knowing we are infinitely precious human beings that can help others heal the way we have healed through willingness and community.

STEP SETS for FELLOWSHIP REVIEW

Set 3

1. We admitted we were powerless over the effects of alcoholism or other family dysfunction - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to our true selves.
3. Made a decision to turn our will and lives over to the loving guidance of God, as we came to understand God, while learning to love ourselves with compassion.
4. Made a thorough inventory of life long defenses and survival traits employed by our parents and ourselves, so we could understand the multigenerational nature of our post trauma condition.
5. Admitted to God, to ourselves, to an informed other the exact nature of our childhood abuse and neglect, including related PTSD and unresolved grief.
6. Allowed ourselves to be vulnerable under safe conditions,

so that our Higher Power could heal the broken heart of our inner child.

7. Humbly asked our Higher Power to assist us with our healing process as we learned to talk, trust, and feel all of our feelings.
8. Made lists of those we harmed and those who harmed us, and became willing to forgive ourselves while praying for others.
9. Worked to repair the damage in our relationships, except when to do so would expose us to unsafe people and situations, or cause harm to others
10. Continued to take personal inventory and to re-parent ourselves with unconditional love.
11. Sought through prayer and meditation to develop our conscious contact with our Higher Power, praying for knowledge of Its will for us, while seeking clarity, inner peace and emotional sobriety.
12. Having had a spiritual awakening as a result of these steps, we humbly carried this healing message to adult children still suffering from trauma, and practiced these principles in all of our relationships.

STEP SETS for FELLOWSHIP REVIEW

Set 4

1. Admitted I am powerless over my childhood in an alcoholic or dysfunctional family.
2. Came to understand that I learned not to trust my caregivers in childhood and that rebuilding trust is essential to my recovery.
3. Became willing to turn my thoughts and actions over to a higher power of spiritual principles.
4. Made a clear eyed examination of my childhood abandonment, losses and injury, including the voice of an

- inner critical parent.
5. Confided to another trusted person or persons in recovery the nature of my childhood injuries.
 6. Came to recognize my dysfunctional adult behaviors (Laundry List traits) and distorted thinking that resulted from my childhood.
 7. Worked to release my dysfunctional behaviors with the help of my higher power, connecting with others in recovery and practicing the voice of an inner loving parent (Reparenting).
 8. Recognized that my dysfunctional behaviors as an adult may have harmed others.
 9. Made amends to those I have hurt as an adult, including to my inner child.
 10. Created a daily practice of support and accountability for my recovery.
 11. Used the power of prayer, meditation or other connection with spiritual resources to support my recovery.
 12. Carried the message of recovery to others who still suffer.

STEP SETS for FELLOWSHIP REVIEW

Set 5

1. Acknowledge we are powerless over the effects of family dysfunction and that our lives have become unmanageable.
2. Come to believe that we can heal and find greater clarity.
3. Decide to practice self-love and to trust in resources beyond our current awareness.
4. Honestly assess our lives, discovering the truth of dysfunction in our childhoods and how that wounding affects us as adults.
5. Acknowledge to ourselves, to another, and to something greater than us alone the exact nature of our childhood abandonment and its effects on us in our adult lives.
6. Become ready to address our problematic survival defenses.

7. Humbly ask for help in our healing process.
8. List all persons we have harmed, including our younger selves, and become willing to make amends.
9. Make amends when possible, except when to do so would injure others or put ourselves in danger.
10. Continue to inventory ourselves, admitting and addressing when we are wrong, and praising ourselves when we do well.
11. Through prayer or meditation, seek to improve our conscious contact to sources of healing both within and without, and practice living from this greater connected consciousness.
12. Having had a spiritual awakening by reparenting ourselves through these steps, we unconditionally love ourselves and carry this message of healing to other adult children who still suffer.

STEP SETS for FELLOWSHIP REVIEW

Set 6

1. We admitted we were powerless over the effects of alcoholism and dysfunction – that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to wholeness.
3. Made a decision to turn our will and our lives over to the care of a loving higher power of our own understanding.
4. Made a searching and honest inventory of ourselves.
5. Admitted to our higher power, to ourselves and to another human being the exact nature of what happened to us and how we survived.
6. With the aid of our higher power we became ready to let go of all our ineffective behaviour.
7. Humbly asked our higher power to help us release our

ineffective patterns of behaviour and allowed ourselves to grieve as part of our healing process.

8. Made a list of all persons we had harmed, especially ourselves, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them, ourselves or others.
10. Continued to take honest personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with the higher power of our own understanding, praying only for knowledge of its will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we continued to honour the child within; we tried to carry this message to others and to practise these principles in all our affairs.

STEP SETS for FELLOWSHIP REVIEW

Set 7

1. We admitted we are powerless over other people, random events and our own ineffective behaviours learnt in childhood, and that when we forget this, our lives become unmanageable.
2. We came to understand that we cannot force change through willpower. We need to detach from our past lives patiently and turn for help to those who have walked the path of recovery before us.
3. We made a decision to entrust our will and our lives to the care of the collective wisdom and resources of those who

have walked the path of recovery before us.

4. We searched honestly and deeply within ourselves, the history of our families of origin, to identify our strengths and weaknesses in a search for patterns in how we have been relating to ourselves, people and situations.
5. We explored our findings and shared them with another trusted person, noticing the healing power of compassionate listening and the liberating power of telling our truths.
6. We became entirely ready to acknowledge our abiding strengths and release our personal shortcomings. We focus on healing, abolishing self-blame and shame, and trying to get to know the boundaries of our lives and our responsibilities.
7. We worked honestly, humbly and courageously to develop our strengths and to release our ineffective behaviours that kept us alive in our childhood. We learn the power of vulnerability in the presence of trusted people and learn to establish our boundaries to become autonomous beings.
8. We considered those that have harmed us and we have harmed. We became willing to explore our feelings regarding those harms.
9. We started and continue to make amends to ourselves, to our past selves and when we are ready we will consider if it is appropriate to make amends to those outside of our inner family.
10. We practiced daily self-reflection to acknowledge our successes and continue making amends whenever necessary.
11. We started to meditate to improve our conscious contact with our true selves, and seeking that beyond of oneself.
12. We practiced our newfound recovery lifestyle by passing it to those willing to learn and by surrounding ourselves with recovering people where compassion for ourselves and others is at the forefront.

STEP SETS for FELLOWSHIP REVIEW

Set 8

1. Admitted we were powerless over our family dysfunction and that our lives had become unmanageable.
2. Came to believe the wisdom of the ACA program and its members could restore us to sanity.
3. Made a decision to follow a path of recovery.
4. Made a searching, fearless, and honest inventory of ourselves and our families of origin.
5. Admitted to ourselves and to another human being the exact nature of our past.
6. Became entirely ready to work at nurturing and transforming ourselves.
7. With the assistance of others and our own firm resolve, we transform negative aspects of ourselves and cultivate positive ones.
8. Made a list of all persons we had harmed and those who had harmed us. Then became willing to make amends and open to letting go of the shame and blame we hold for ourselves and others.
9. Made direct amends and forgave such people wherever possible, except when to do so would injure ourselves or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through meditation to improve our conscious contact with our highest selves and to find integrity in all areas of our lives.
12. Having had an awakening as a result of these steps, we tried to carry this message to others like us and to practice these principles in all our affairs.