

# ACA WORKSHOP EDINBURGH



## A Warm Home Coming

Free Event (Held by Fife Wednesday meeting)

Date Saturday 27th April 2019 Time 10.30am -3.30 (Registration 10.15am)



Location St Cuthbert's Parish Church, 5 Lothian Rd, Edinburgh EH1 2EP (Limited parking)

Free Event

Join us for a day of ACA fellowship, guest speakers, open meeting, sharing, raffle and literature

Open to adult children, and those who think they may be adult children.

Tea and coffee provided (supply your own lunch, kitchen facilities available to prepare your own lunch, eateries within walking distance)

Program for the day

10.15am Registration

10.30 am Housekeeping and opening

10.45 am – 12.00pm Three guest Speakers, sharing their experience, strength, and recovery in ACA (Open floor for feedback)

12.00 pm -1.00 pm Lunch (Bring your own)

1.00pm – 2.30pm Open Meeting

2.30pm – 3.00pm Raffle, program literature, information.

3.00pm -3.30pm closing of workshop. Farewell tea and coffee

Further information .... Contact Sandra 07951463588 sandymearns11@hotmail.com

WWW. Adult children of alcoholics Fife

## **ACA Questions:**

1. Do you recall anyone drinking or taking drugs or being involved in some other behaviour that you now believe could be dysfunctional?
2. Did you avoid bringing friends to your home because of drinking or some other dysfunctional behaviour in the home?
3. Did one of your parents make excuses for the other parent's drinking or other behaviours?
4. Did your parents focus on each other so much that they seemed to ignore you?
5. Did your parents or relatives argue constantly?
6. Were you drawn into arguments or disagreements and asked to choose sides with one parent or relative against another?
7. Did you try to protect your brothers or sisters against drinking or other behaviour in the family?
8. As an adult, do you feel immature? Do you feel like you are a child inside?
9. As an adult, do you believe you are treated like a child when you interact with your parents? Are you continuing to live out a childhood role with the parents?
10. Do you believe that it is your responsibility to take care of your parents' feelings or worries? Do other relatives look to you to solve their problems?

(There are 15 more questions in trifold; snipped 11-25)

## **The Laundry List – 14 Traits of an Adult Child of an Alcoholic**

We became isolated and afraid of people and authority figures.

We became approval seekers and lost our identity in the process.

We are frightened by angry people and any personal criticism.

We either become alcoholics, marry them or both, or find another compulsive personality such as a workaholic to fulfil our sick abandonment needs.

We live life from the viewpoint of victims and we are attracted by that weakness in our love and friendship relationships.

We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us not to look too closely at our own faults, etc.

We get guilt feelings when we stand up for ourselves instead of giving in to others.

We became addicted to excitement.

We confuse love and pity and tend to "love" people we can "pity" and "rescue."

We have "stuffed" our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (Denial).

We judge ourselves harshly and have a very low sense of self-esteem.

We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us.

Alcoholism is a family disease; and we became para-alcoholics and took on the characteristics of that disease even though we did not pick up the drink

Para –alcoholics are reactors rather than actors Tony A 1978



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