

When I got to the rooms of ACA I was drowning in my control, fear and anger. I had become negative, irritable and unreasonable. I thought I knew what was best for everyone else Why couldn't my family see I see what was best for their lives. My relationships were a mess, I was miserable.

The meetings became my life preserver. I listened and learned from what was shared by other fellow travelers. I attended 6 meetings in a row as was suggested. I kept coming back until I got the program, or maybe the program got me!

I first admitted I was "powerless" over other people, my life had become unmanageable. I wanted to please everyone around me, but how was that possible, I couldn't even please myself. I began to put a loving God first, trust, and work the 12 steps.

As I kept coming back to meetings, I heard the experience, strength and hope of others, which gave me hope. I started doing service work, talking to newcomers and offering them the hope I had been given.

I learned about boundaries, something that was not modeled in my family of origin. I learned, what is mine and what is not. I found freedom in taking responsibility for my own life while allowing my loved ones to live the life of their choosing.

I work on how to listen to the child within me, how to reparent myself with gentleness, humor, love and respect. I am more aware of what triggers my negative emotions. I continue to learn and feel my true feelings. I've torn down walls, that kept me a prisoner. I am learning how to "act" rather than "react" to life situations. I ask myself "what do I think, need and feel".

Today I communicate with love and respect for myself and others. I am more loving, intimate, supportive and accepting of my family members and friends.

With the understanding, love and support of fellow travelers in ACA, I continue to learn, grow and change into the "real" authentic person God created me to be.

ACA is a spiritual program coming from love. The results of working the program of ACA are worth the effort.

It works, if you work it! I am worth it and so are you.

Brief history of Adult Children of Alcoholics:

People have often asked about the term "adult children." It all began with Alcoholics Anonymous. When AA was founded in the 1930s, it was discovered that more people were affected by the addiction than just the alcoholic. This realization led to the creation of Al-Anon and Alateen in 1950, which is for families, friends, and young children of alcoholics. In the late 1970s, Adult Children of Alcoholics was founded for adults who grew up in

alcoholic families and had held on to childhood issues. This group has been called both ACA and it's earlier acronym ACoA.

Children from alcoholic and other wise dysfunctional families grow into adults who harbor old survival skills and unhealthy thought patterns and negative emotions. Growing up without healthy, loving role models cause life-long patterns of dysfunctional behaviors. We become angry, irritable, unreasonable and negative adults.

The ACA movement now has hundreds of support groups throughout the world whose purpose is to help adults lead lives that are happy and free, like the more than 650 different Twelve-Step programs, ACA is based on the steps, traditions and principles of Alcoholics Anonymous.