

ACA MEETING

Adult Children of Alcoholics and Dysfunctional Families

1. We are frightened by angry people and any personal criticism.
2. We either become alcoholics, marry them, or both.
3. We become approval seekers and lost our identity in the process.
4. We live life from the viewpoint of victims.
5. We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves.
6. We get guilt feelings when we stand up for ourselves.
7. We became addicted to excitement.
8. We confuse love and pity.
9. We have stuffed our feelings from our traumatic childhoods and we have lost the ability to feel or express our feelings.

If you can identify, Then you may want to attend an ACA Meeting.

Monday thru Thursday at 11 am

Monday	Tuesday	Wednesday	Thursday
Daily Meditation	Red Book	Sponsorship	Yellow Workbook

Saturday 1 pm Step Study

Sunlight of the Spirit Bookstore 2314 J Street Sac. 95816

Courbet 916-833-6074