

ACA Tenth Step Meetings



As children traumatized by our dysfunctional families, we survived by unconsciously adopting a hidden emotional belief system that was flawed.

- Have you ever hurt somebody you love, regretted it, and then did it again?
- Have you ever been in an argument, realized that you were on the wrong side of it, and went ahead and argued your point anyway?
- Have you even been in a situation where you were about to do something you knew you shouldn't, and went ahead and did it anyway?

We learn to take our personal inventory by learning to own our deepest dysfunctional beliefs *without judgment* and using the emotional reality that comes from this ownership to create an entirely new reality.

Fridays and Saturdays

11:00 am until 1:00 pm

First United Methodist Church 2100 J St. Sac 95816
Enter on J Street Upstairs in Room 206

Dan 916-549-4208

Marty 916-769-7493