



## **Adult Children of Alcoholics and Dysfunctional Families**

We have stuffed our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings.

We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves.

We get guilt feelings when we stand up for ourselves.

We became addicted to excitement. We confuse love and pity.

We are frightened by angry people and any personal criticism.

We either become alcoholics, marry them, or both.

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

If you can identify with these, Then you may want to try an ACA Meeting.

**Monday - Saturday at 11 am, Sat - Sun at 3 pm, Tue at 7:30 pm and Wed at 7 pm**

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<b>AM</b>	Affirmations	Red Book	Sponsorship	Yellow Wrkbk	10 <sup>th</sup> Step	10 <sup>th</sup> Step	
<b>PM</b>		11 <sup>th</sup> Step	Red Book			Step Study	Laundry List

First United Methodist Church Room 206  
(except 11<sup>th</sup> Step Meditation is in the Chapel)

2100 J Street Sac. 95816 Enter on J St.