

## **A.C.A. PREAMBLE**

Adult Children Anonymous is a group formed for those suffering from the effects of addiction and compulsive behavior in our home environment during childhood.

The A.C.A. program is not a forum for continually wallowing in our unfortunate past, but rather one of awareness, acceptance and action. We become aware of the nature of our disturbed home environment and experience again the feelings of panic, suppressed anger and disorientation we felt as children. We learn to accept that our parents did the best they could. However, they managed to create in us many dysfunctional and compulsive characteristics which now interfere with our daily lives.

Through experiencing exactly those feelings and attitudes prohibited to us as children, we have learned to overcome the confusion, isolation and self doubt created automatically as part of survival techniques we used in our home environments.

This process is slow and usually extremely painful. Our recovery comes at a high price of personal effort, but for the newcomer we can assure you it's worth the struggle.

Recovery is not instantaneous. The period of growth and progress can bring minor setbacks, but once you begin to work the program, positive personality change is inevitable. By learning to express feelings and emotions long suppressed, we replace negativity with hope and a new sense of self worth.