ACA RENAISSANCE BUCHAREST
INTERGRUP ACA ROMANIA (IG #724)

Bilingual presentation in English and Romani

ACA SCHEMATIC
THE BASIC FIVE & SIX ESSENTIAL RECOVERY TASKS

CPTSD recovery by remembering, releasing and reintegrating

DECONSTRUCTING INSANITY: BRINGING YOURSELF BACK ONLINE
THE ONE PERSON PROCESS OF RECOVERY: ONE HISTORY, ONE BODY, ONE SELF

ısic Five (Daily Needs)

quate Respiration (Body Ventilation)
quate Hydration, Nutrition and Elimination
quate Rest and Restorative Sleep
quate Temperature Regulation (Internal and External)
quate Stimulus Level (Avoiding Stimulus Overload and
ulus Deprivation – pain, fear, panic, despair, and
austion)

Six Essential Recovery Tasks

1) Recognition
This task centers around our recognition of dysfunction including physical responses, cognitive problems and interpersonal difficulties in social situations and with significant others. The fellow traveler's task is to encourage this vital recognition of the signs of distress in a way that builds trust and creates the sense of unity needed to continue in the recovery process.

2) Recollection
This task involves uncovering and embracing the hidden dissociated parts of the self. Because of traumatic conditioning, these hidden parts of our selves perceive, evaluate and respond automatically as independent operating systems. Each system holds a specific set of memories, beliefs and related habits that maintain dissociation. The fellow traveler's task is to provide assurance that recovery is possible and the return of memories and sensation will not be self-destructive.

3) Disobedience
The basic belief in a traumatizing family is that the practice and support of destructive behavior by adults should be tolerated and accepted without protest by the children. Children are threatened, punished, and coerced into keeping the adults' behavior secret. They also incorporate the adults' dissociative and destructive patterns into their own being. Disobedience includes breaking these habits of avoidance and denial and relinquishing our beliefs about maintaining destructive behavior. This may require detoxification from addiction to exogenous substances and the deconditioning of habitual body tension and cognitive hypervigilance. The main subtask is to disobey irrational authority by challenging the belief that we need to continue these behaviors.

4) Retaliation
The motivating force being inhibited is the talionic response (direct e
an eye retaliation for abuse [Reik]). This instinctive rage toward peo
have caused us harm has been forcefully inhibited and is often direc
toward the self (retroflexion - going against the reflexes) or displace
others. Unblocking this energy and safely expressing the talionic res
opens us up to feel other inhibited emotions and accelerates the pro
mourning and grief. The primary subtask is learning to discriminate
introjects that have been pounded in and swallowed whole from the
who first caused us to live in fear and to stop displacing rage onto s
stand-ins in the present. The fellow traveler can support the differen
process and the appropriate expression of talionic rage which streng
reality testing about expected retaliation.

5) Separation
The task of separation is to distinguish between what has been term
and not me" (Sullivan). This includes recognizing the internalizations
confusing beliefs of people who hurt us, as well as considering the
of locus of control and the possibility of independent thought and ac

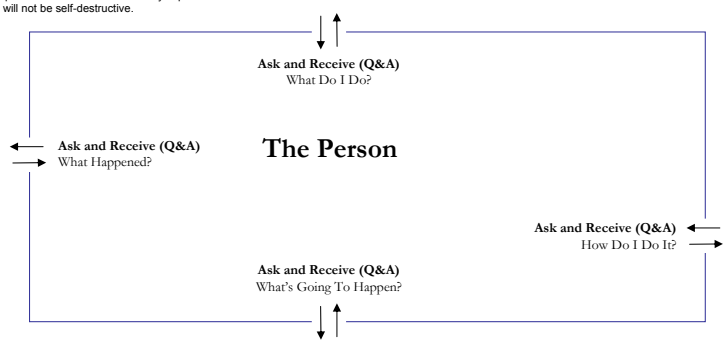
6) Independence
This final task centers around completion of reflective grieving (mou
loss of possibilities, opportunities and self-actualization), learning to
ourselves, and mastering developmental stages that may have beer
or poorly negotiated. The fellow traveler can assist in the overall pro
encouraging the development, rehearsal and implementation of effe
social skills and self determined actions that increase self-esteem a
worth. Most importantly, completion of this task establishes the capa
genuine intimacy and successful present-directed, goal-oriented livi

Characteristics of an Adult Child

undry List
ecame isolated and afraid of
le and authority figures.
ecame approval seekers and lost
dentity in the process.
re frightened by angry people and
ersonal criticism.
ither become alcoholics, marry
or both, or find another compulsive
onality such as a workaholic to fulfill
ick abandonment needs.
ive life from the viewpoint of victims,
we are attracted by that weakness
r love and friendship relationships.
ave an overdeveloped sense of
onsibility, and it is easier for us to be
erned with others rather than
elves; this enables us not to look too
ly at our own faults, etc.
et guilt feelings when we stand up
urselves instead of giving in to
rs.
ecame addicted to excitement.
confuse love and pity and tend to
" people we can "pity" and "rescue".
ave "stuffed" our feelings from our
natic childhoods and have lost the
y to feel or express our feelings
use it hurts so much (Denial).
udge ourselves harshly and have a
low sense of self-esteem.
re dependent personalities who are
ied of abandonment and will do
hing to hold on to a relationship in
r to not experience painful
donment feelings, which we
ived from living with sick people who
never there emotionally for us.
holism is a family disease; we
me para-alcoholics (codependents)
took on the characteristics of that
se even though we did not pick up
rink.
-alcoholics (codependents) are
tors rather than actors.

The Problem
Many of us found that we had several characteristics in common as a result of being brought up in an alcoholic or dysfunctional household. We had come to feel isolated and uneasy with other people, especially authority figures. To protect ourselves, we became people-pleasers, even though we lost our own identities in the process. All the same we would mistake any personal criticism as a threat. We either became alcoholics (or practiced other addictive behavior) ourselves, or married them, or both. Failing that, we found other compulsive personalities, such as a workaholic, to fulfill our sick need for abandonment.
We lived life from the standpoint of victims. Having an over developed sense of responsibility, we preferred to be concerned with others rather than ourselves. We got guilt feelings when we stood up for ourselves rather than giving in to others. Thus, we became reactors, rather than actors, letting others take the initiative.
We were dependent personalities, terrified of abandonment, willing to do almost anything to hold on to a relationship in order not to be abandoned emotionally. Yet we kept choosing insecure relationships because they matched our childhood relationship with alcoholic or dysfunctional parents.
These symptoms of the family disease of alcoholism or other dysfunction made us "co-victims," those who take on the characteristics of the disease without necessarily ever taking a drink. We learned to keep our feelings down as children and kept them buried as adults. As a result of this conditioning, we confused love with pity, tending to love those we could rescue.
Even more self-defeating, we became addicted to excitement in all our affairs, preferring constant upset to workable relationships.
This is a description, not an indictment.

ndry List and *The Problem* emphasize slightly different aspects of dysfunction and best read together for a more complete picture of post-childhood reactions to on in the home.



The 12 Promises
If we are painstaking about this phase of our development, we will be amazed before we are half way through.

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity.
4. And we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Amends Process:
The amends process begins with the self, with restoration and restitution for the self-punishment, neglect, and abuse that was done intentionally or inadvertently.

The Flip Side of The Laundry List

1. We move out of isolation and are not unrealistically afraid of other people, even authority figures.
2. We do not depend on others to tell us who we are.
3. We are not automatically frightened by angry people and no longer regard personal criticism as a threat.
4. We do not have a compulsive need to recreate abandonment.
5. We stop living life from the standpoint of victims and are not attracted by this trait in our important relationships.
6. We do not use enabling as a way to avoid looking at our own shortcomings.
7. We do not feel guilty when we stand up for ourselves.
8. We avoid emotional intoxication and choose workable relationships instead of constant upset.
9. We are able to distinguish love from pity, and do not think "rescuing" people we "pity" is an act of love.
10. We come out of denial about our traumatic childhoods and regain the ability to feel and express our emotions.
11. We stop judging and condemning ourselves and discover a sense of self-worth.
12. We grow in independence and are no longer terrified of abandonment. We have interdependent relationships with healthy people, not dependent relationships with people who are emotionally unavailable.
13. The characteristics of alcoholism and para-alcoholism we have internalized are identified, acknowledged, and removed.
14. We are actors, not reactors.

ACA 12 Steps

1. We admitted we were powerless over the effects of alcoholism other family dysfunction, that our lives had become unmanage
2. Came to believe that a power greater than ourselves could rest to sanity.
3. Made a decision to turn our will and our lives over to the care o as we understand God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing t amends to them all.
9. Made direct amends to such people wherever possible, except to do so would injure them or others.
10. Continued to take personal inventory and, when we were wron promptly admitted it.
11. Sought through prayer and meditation to improve our conscio contact with God, as we understand God, praying only for know of God's will for us and the power to carry it out.
12. Having had a spiritual awakening as a result of these steps, we to carry this message to others who still suffer, and to practice principles in all our affairs.

Bill W.'s In-Depth "True Self" Inventory
Bill, in a letter to a friend, wrote about deepening AA's moral inventc focus on what he called psychic damage: " it may be that someda shall devise some common denominator of psychiatry – of course, t away their much abused terminology – common denominators whic neurotics could use on each other. The idea would be to extend the inventory of AA to a deeper level, making it an inventory of psychic damages, reliving in conversation episodes, etc. I suppose someda Neurotics Anonymous will be formed and will actually do all this." He suggests the inventory be about "actual episodes: inferiority, shame anger" so they could be relived in the mind and their power reduced true, non-neurotic self could then emerge out of hiding. (Letters with commentary reprinted in Fitzgerald, R (1995), The Soul of Sponsors Hazelden, Center City, MN, pp. 41-42.)

Pg. 626, ACA Fellowship Text

Alaska in SF will present a lecture on how the Six Essential Recovery Tasks from the ACA Schematic has augmented her ACA recovery. The ACA Schematic is a diagram that shows how the ACA program can be utilized to recover from Complex Post Traumatic Stress Disorder (CPTSD - also known as Developmental Trauma). Codependence, Para-alcoholism (internal drugs), Intergenerational Trauma, and Stored Trauma will be discussed.

Wednesday, September 7, 2022

10am Pacific | 1pm Eastern | 5pm GMT | 6pm BST | 7pm CET | 8pm EEST

ZOOM ID: 810 6716 8617 - NO PASSWORD

Zoom room will open 15 minutes prior to start time. 100 participant limit.