"ENFORCE THE GUIDELINES"

ACA Group

Small Group Meeting Leader Guidelines

(The group leader needs to read to the group everything in bold print)

1. **Good evening. Welcome to the Friday night recovery meeting for adult children of alcoholics. My name is _____ and I am a believer who struggles with _____.**

   (Leader reminds group to please turn off all cell phones.)

2. Opening Prayer (option, short version of serenity prayer) Keep it simple.

3. Introductions. **Let's take a minute to introduce ourselves. Please keep it simple. There will be an open share time <u>later</u> in the meeting. I'll begin, and we'll go around the room. My name is _____; I'm a believer that struggles with _____.**

4. **This is a participation meeting and we encourage everyone to share. No one is obligated. If you do NOT want to share, please indicate that by saying; "pass" when it is your turn to share.**

5. **Let's go over our group guidelines. These guidelines are designed to keep the group safe. Please listen carefully and honor these guidelines throughout the meeting.** (Leader reads guidelines.)

6. Leader's Focus. Read through lesson acrostics from large group teaching then present the topic question(s). (Testimony topic: What part of the testimony touched you the most?)

7. **It is NOT "required" that a person share only on a specific topic.**

8. Group discussion and open sharing. **Who would like to respond to the focus question(s) first, then we will have open share?**

9. Present Chips. **In this group, we like to celebrate various lengths of sobriety with "Chips". The basic issue for adult children of alcoholics is one of codependency. What is sobriety for co-addiction and codependency? Unlike other issues such as chemical addiction, sobriety for our issues can be difficult to define. We have defined it this way. Sobriety means I have not actively sought to control or manipulate others, given unsolicited advice, or based my self-concept on the well-being or approval of others.**

   These chips are as follows, 30-60-90 day, 6 month, 9 month, and yearly chips. The yearly chips are normally given out in the large group meeting the last Friday of each month. We also have a desire chip available each week for anyone desiring to make a commitment to sobriety in any of these areas. Is there anyone here tonight who would like to celebrate by receiving a chip for any of these lengths of sobriety?

10. **Thank you for being here tonight. We also welcome you to join us each Friday night from 9:00 p.m. until 10:00 p.m. in the Lighthouse Café for desserts, coffee and continued sharing.**

11. Close in Prayer.