

20 Week ACA Step Study Syllabus

Required Text: ACA Fellowship Book (the Red Book)& the 12 Steps of Adult Children (Yellow Book)

Books are available at : <http://www.shop.adultchildren.org/>

| Session # | Date | Required Reading- Yellow | Required Written Exercises | Additional Action Items (completed prior to | Session Topic |
|-----------|------|--|--|---|--|
| 1 | | Read thru page 19 prior to session #1: Review the front and back cover of the yellow book. | N/A | Review the Laundry List and the Other Laundry List. Note how many items you identify with on the laundry list in your workbook and date it. This will be helpful as time goes on. | Introduction, expectations, emotional sobriety, and The Laundry List |
| 2 | | Pgs-19-27 | pgs 27-40 | Review your answers to all of the questions in Step 1 | Step 1: Discuss & process exercises |
| 3 | | Pgs 44-50 | Pgs 50-55 | Read Chapter 11 in the BRB & find a sponsor | Step 2: Discuss & process exercises |
| 4 | | Pgs 57 - 64 | Pgs 65-68 | Review your answers to all the questions in Step 3 | Step 3: Discuss & process exercises |
| 5 | | Pgs 70 - 78 | Pgs 79 - 82; Ex #1 & #2 | Review your answers to all the questions | Step 4: Discuss & process exercises 1 & 2. |
| 6 | | Pgs 82 - 84 | Pgs 82-84, Ex. #3 & #4 | Review you answers to all the questions | Step 4- Discuss & Process exercises #3 & #4 |
| 7 | | Pgs 84 - 87 | Pgs 84-87, Ex. #5 & #6 | Review your answers to all the questions. Suggested reading Chapter 8 BRB | Step 4- Discuss & Process exercises #5 & #6 |
| 8 | | Pgs 88 - 91 | Pgs 88-91, Ex. #7 & #8 | Review your answers to all the question. Suggested reading Chapter 8 BRB. | Step 4- Discuss & Process exercises #7 & #8 |
| 9 | | Pgs 92 - 95 | Pgs 92-95, Ex. #9 | Review your answers to all the question. Suggested: Ch 8 Red Book. | Step 4- Discuss & Process exercises #9 |
| 10 | | Pgs 96 - 105, Pgs 106 - 116, 184 - 191 | Pgs 96 - 105 Ex # 10, 11, & 12 | Prior to session # 10 Read Pages 106 - 116 (Step 5) and Pgs 184 - 191 (Hearing a 5th | Step 4- Discuss & process exercises #10, 11 & 12 |
| 11 | | Pgs 117 - 130 | Read Step 6 & 7 within and hour or so after completing the 5th Step | Prior to session # 11 complete 1) face to face 5th step with your sponsor or fellow traveler, 2) Read Step 6 & 7 within an hour or so after completing the 5th step | Steps 5-7: Review and Discuss experience with processing these steps |
| 12 | | Pgs 131-136 | Complete a written list of individuals we harmed how we were harmed and those we need to forgive | We became willing to accept our own unconditional love by understanding that our Higher Power loves us unconditionally. | Step 8- Review and process lists |

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| 13 | | Pge 137-146 | Bring written ideas for making potential 9th step amends. What amends to our inner child. | We became willing to open ourselves to receive the unconditional love of our Higher Power. | Step 9- Discuss ideas about how to make amends to ourselves and others. |
| 14 | | Pgs 147-152 | Pgs. 152-154: Complete questions for trait 1-5 | Reflect with "Other Laundry List" | Step 10: Discuss & Process Integrating Traits 1-5 |
| 15 | | 155 - 156 | Pgs155-156: complete | Reflect with "Other Laundry List" | Step 10: Discuss & Process |
| 16 | | 157 - 158 | Pgs 157 & 158: complete questions for traits 12-14 and Exercise #1 | Reflect with "Other Laundry List" | Step 10: Discuss & Process Integrating Traits 12-14 and Review exercise #1 |
| 17 | | 158 - 161 | 158 - 161: Complete exercises #2 - 5 | We continued to take personal inventory and to love and approve of ourselves | Step 10: Review Exercises #2-5 |
| 18 | | Pgs 162-172 | Pgs 158-161: complete | Create your own individual 11th Step Prayer | Step 11: Discuss and process. |
| 19 | | Pgs 173-183 | Service Plan | Carry the Message | Step 12: Discuss & process. Group Closure |
| 20 | | | Write a personal vision | | Celebratory Session! Share personal |
| 21 | | Optional | Review of study / personal vision | | Share / reflect on next steps |