

Cross Talk

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1. When we were growing up no one listened to us. They told us our feelings were wrong. Because of this past conditioning of having our own reality continually invalidated, we become hyper-sensitive to any advice-giving or being commented on.
2. As adults we are accustomed to not taking responsibility for our own lives. So in these meetings we speak about our own experiences and feelings. We accept without comment what others have to say because it is true for them and we work towards taking more responsibility for our own lives, rather than giving advice to others.

Because we do adhere to the No-Crosstalk Rule, if anyone has a question regarding the ACA program, please approach a member after the meeting has ended.

Sharing

1. After the readings have ended, the chairperson shares first, with sharing then going around the circle clockwise. When it comes to if you are not ready to share, simply pass. The hope here is the create equality where each person is given the dignity of sharing as well as the right to pass if not ready. When sharing has been completed around the circle, we will go back around to give those who initially passed an opportunity to share or simply pass.
2. When sharing, try to practice using "I I" or "ME ME" statements which allows each person listening the dignity of choice as to whether or not "your reality" identifies with their reality. Please refrain from using "YOU YOU", "WE WE", or "OUR "OUR", which has the tendency to impose one's own reality on listeners. This invalidates others' dignity of choice as to whether it may or may not apply to them individually.
3. Lastly, whatever was shared is to be kept sacred and safe. Who you see here, what is said here, let it stay here. Thank you.