

## 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

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