

Other Meetings

Online & Telephone

Go to the meetings page of the ACA/DF World Service Office (WSO) website (www.adultchildren.org) and then select 'internet' or 'telephone' as the country for which you wish to see listings. There are some ACA/DF meetings running during the day NZ time.

Video-based Chat Room

www.intherooms.com

There are ACA/DF meetings during the day NZ time on this platform which has virtual meeting rooms.

Text-based Chat Room

acoa.activeboard.com

stepchat.com/chat/room7.htm

www.12stepforums.net/acoa.html

Speaker recordings

Email the NZ Intergroup at adultchildren.nz@gmail.com to be sent a link to over 70 talks from 1990 to the present day.

ACA/DF Laundry List: 14 Traits of an Adult Child

1. We became isolated and afraid of people and authority figures.
2. We became approval seekers and lost our identity in the process.
3. We are frightened of angry people and any personal criticism.
4. We either become alcoholics, marry them or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs.
5. We live life from the viewpoint of victims and we are attracted by that weakness in our love and friendship relationships.
6. We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us not to look too closely at our own faults, etc.
7. We get guilt feelings when we stand up for ourselves instead of giving in to others.
8. We became addicted to excitement.
9. We confuse love and pity and tend to "love" people we can "pity" and "rescue."
10. We have "stuffed" our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (Denial).
11. We judge ourselves harshly and have a very low sense of self-esteem.
12. We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us.
13. Alcoholism is a family disease; and we became para-alcoholics and took on the characteristics of that disease even though we did not pick up the drink.
14. Para-alcoholics are reactors rather than actors.

ADULT CHILDREN OF ALCOHOLICS AND DYSFUNCTIONAL FAMILIES

(ACA/DF)



Aotearoa/New Zealand Meetings List

adultchildren.nz@gmail.com

www.adultchildren.nz

www.adultchildren.org

Monday

DUNEDIN (weekly)

6.00pm – 7.00pm

Room 4, Knox Church, 449 George St (at the back of the church) ACAs only

ONLINE – ZOOM (weekly)

Online Meeting of ACA/DF

8.00pm – flexible end time based on numbers attending

Email monday.acadf.nz@gmail.com for information on how to join

Tuesday

AUCKLAND (weekly)

Ellerslie ACA

6.00pm – 7.15pm

(reading from ACA literature & sharing)

New Christian Church Hall
5 Ballarat St, Ellerslie

Wednesday

CHRISTCHURCH (weekly)

'Big Red Book' Study Meeting

7.00pm – 8.15pm

(‘Big Red Book’ reading & sharing)

Familial Trust garden meeting room,
6 Wilsons Road, Opawa

Thursday

ROTORUA (weekly)

6.00pm – 7.00pm

St Luke’s Church, 1223 Amohia Street
(around the back of the church)

Friday

CHRISTCHURCH (weekly)

The Oasis Meeting

7.00pm – 8.00pm

(Laundry lists focus & sharing)

The Oasis Centre, 126 Bealey Avenue
(opposite the Southern Cross hospital)
Meeting room at the end of the office block
at the front – look for the ACA/DF sign

Saturday

CHRISTCHURCH (weekly)

Saturday Serenity Group

10.00am – 11.30am

(based on ACA/DF yellow workbook)

Familial Trust garden meeting room,
6 Wilsons Road, Opawa
(coffee at Fava café over the road afterwards)

WELLINGTON (weekly)

'Big Red Book' Study Meeting

10.30am – 11.30am

ACE Thorndon Aotearoa,
192 Tinakori Road, Thorndon

Sunday

CHRISTCHURCH (weekly)

Sunday Night Spiritual Meeting

7.30pm – 8.45pm

(a guided meditation plus sharing time)

Familial Trust garden meeting room,
6 Wilsons Road, Opawa