

## Other Meetings

### Online & Telephone

Go to the meetings page of the ACA/DF World Service Office (WSO) website ([www.adultchildren.org](http://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](http://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](http://acoa.activeboard.com)

[stepchat.com/chat/room7.htm](http://stepchat.com/chat/room7.htm)

[www.12stepforums.net/acoa.html](http://www.12stepforums.net/acoa.html)

### Speaker recordings

Email the NZ Intergroup at [adultchildren.nz@gmail.com](mailto: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

[www.adultchildren.nz](http://www.adultchildren.nz)

[adultchildren.nz@gmail.com](mailto:adultchildren.nz@gmail.com)

[www.adultchildren.org](http://www.adultchildren.org)

## Monday

### **DUNEDIN (weekly)**

**6.00pm – 7.00pm**

*(discussion, daily reading & sharing)*

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**

*(sharing on a topic from the ACA/DF Daily Affirmations book 'Strengthening My Recovery')*

Email [monday.acadf.nz@gmail.com](mailto:monday.acadf.nz@gmail.com) for information on how to join

## Tuesday

### **TAUPO (weekly)**

**7.00pm – 8.30pm**

Base Camp at St Andrews Anglican Church, 91 Titirapunga Street  
(Base Camp is the room at the back of the church entrance down the ramp)

## Wednesday

### **CHRISTCHURCH (weekly)**

*Big Red Book Study Meeting*

**7.30pm – 8.45pm**

*(reading from a section of the 'Big Red Book' Fellowship Text plus sharing time)*

Familial Trust garden meeting room,  
6 Wilsons Road, Opawa

## Thursday

### **ROTORUA (weekly)**

**6.00 pm – 7.00 pm**

St Luke's Church (around back of the church)  
1223 Amohia Street  
Rotorua

## 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)

The meeting room is at the end of the office block at the front – look for the ACA sign)

## Saturday

### **CHRISTCHURCH (weekly)**

*Saturday Serenity Group*

**10.00am – 11.30am**

*(based on ACA Yellow Workbook)*

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

### **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

