

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 Rooms

acoa.activeboard.com

stepchat.com/chat/room7.htm

www.12stepforums.net/acoa.html

ACA/DF 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

ONLINE – ZOOM

8.00pm – flexible end time

ACA/DF NZ Zoom ID: 4964941848

Tuesday

AUCKLAND

Ellerslie ACA

6.00pm – 7.15pm

(reading from ACA literature & sharing)

New Christian Church Hall

5 Ballarat St, Ellerslie

ONLINE – ZOOM (study group)

Steps Study Group – Open-to-all

8.00pm – flexible end time

ACA/DF NZ Zoom ID: 4964941848

Join ACA/DF NZ on Slack!

Email the NZ Intergroup at
adultchildren.nz@gmail.com to be
invited to the Slack platform where we
have lots of resources including over 70
talks from 1990 to the present day

Wednesday

CHRISTCHURCH

7.00pm – 8.15pm

Familial Trust garden meeting room,
6 Wilsons Road, Opawa

Thursday

ROTORUA

6.00pm – 7.00pm

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

ONLINE – ZOOM (study group)

Laundry Lists Study Group – Open-to-all

8.00pm – flexible end time

ACA/DF NZ Zoom ID: 4964941848

Friday

ONLINE – ZOOM

8.00pm – flexible end time

ACA/DF NZ Zoom ID: 4964941848

Saturday

CHRISTCHURCH

Saturday Serenity Meeting

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)

ONLINE – ZOOM

10.00am – flexible end time

ACA/DF NZ Zoom ID: 4964941848

WELLINGTON

'Big Red Book' Study Meeting

10.30am – 11.30am

ACE Thorndon Aotearoa,
192 Tinakori Road, Thorndon

Sunday

CHRISTCHURCH

Sunday Night Spiritual Meeting

7.30pm – 8.45pm

(a guided meditation plus sharing time)

Familial Trust garden meeting room,
6 Wilsons Road, Opawa