

LAA *for* Adult Children



Statement of Purpose

This meeting for Adult Children was created to offer a safe place for love addicts to process the pain of their past and recover from the after-effects. Together we will share our experience, strength and hope with each other. As a group, we will support each other unconditionally. We will also read literature, share ideas, process information. Please be assured that no particular ideology will be forced upon you. You can take what you need and leave the rest. If you are an Adult Child, or think you might be, join us on our journey toward putting love into perspective and establishing healthy relationships with ourselves and others. Let us do together what we cannot do alone.

Welcome to LAA

Love addiction comes in many forms. Some love addicts carry a torch for unavailable people. Some love addicts obsess when they fall in love. Some love addicts get addicted to the euphoric effects of romance. Others cannot let go of a toxic relationship even if they are unhappy, depressed, lonely, neglected or in danger. Some love addicts are codependent and others are narcissistic. Some love addicts use sex to manage feelings; others are sexually anorexic. What we all have in common is that we are powerless over our distorted thoughts, feelings and behavior when it comes to love, fantasies, and relationships. Still, there is hope. Through self-honesty, open-mindedness, willingness and the 12-steps of LAA, we can recover. We can grow and change in the sunlight of the spirit. Welcome to LAA. Welcome home!

The Twelve Steps of LAA

1. We admitted we were powerless over love, romance, fantasies and relationships—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

12 Steps to Processing Trauma

Trauma is any event that interferes with a child's sense of safety and well-being and leaves lasting effects on their positive sense of self.

1. Admit that you have to process the past.
2. Identify the trauma from your past.
3. Talk about what you remember.
4. Write in your journal about what you are discovering.
5. Feel all of your emotions as they come up without using unhealthy mood-altering experiences to escape.
6. Grieve what you went through.
7. Get angry for awhile if you have spent a life time suppressing your emotions.
8. Do not get lost in the anger.
9. After you put things into perspective, consider forgiving these people.
10. Accept what happened to you.
11. Move on.
12. Take care of yourselves.

The Twelve Promises

1. I have a new sense of freedom because I am letting go of the past.
2. I am hopeful about my future relationships.
3. I can be attracted to someone without falling in love overnight, and I can fall in love without obsessing.
4. If love does overwhelm me I do not act out in addictive ways.
5. I can tell the difference between fantasies and reality.
6. I do not have to control the ones I love nor let them control me.
7. I experience relationships one at a time and I do not get involved with “unavailable” people.
8. If my basic needs are not being met, I can end my relationship.
9. I can leave anyone who is abusing me either verbally or physically.
10. I do not do for others what they should be doing for themselves.
11. I love myself as much as I love others.
12. I look to my Higher Power for strength, guidance, and the willingness to change.

Closing Prayer

Thank you **God** for the courage to change. Show me how to open my heart, eyes, and whole being to your unconditional love, and teach me how to love myself unconditionally. Out of the overflow of your love, wisdom, comfort, kindness, gentleness, compassion, and patience, teach me how to love myself and others in a healthy, nourishing, and unconditional way. Touch my heart so that I can see both them and me with fresh eyes and a loving heart.

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