



7th Tradition Donations Welcome

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A night sky with a deep blue background, filled with numerous small white stars. A bright, white, diagonal streak, resembling a meteor or comet, cuts across the upper left portion of the sky. In the center, the word "SAFE" is written in a bold, white, hand-painted font. This text is framed by two thick, horizontal red brushstrokes, one above and one below the word. The bottom of the image shows a dark, silhouetted horizon line, suggesting a landscape or sea under a starry night sky.

SAFE



The “STORY of YOU”

What stories are
you telling
yourself today?

Are they true?



Elvin Semrad, Psychology professor: (1906-1976)

**“The greatest sources of our suffering are
the lies we tell ourselves.”**

A series of several parallel white diagonal lines of varying lengths, located in the bottom right corner of the slide.

How do you view yourself?



How do you view yourself?

What is the story of you?



How do you view yourself?

What is the story of you?

Who gave you that story?



How do you view yourself?

What is the story of you?

Who gave you that story?

Is that story true?



How do you view yourself?

What is the story of you?

Who gave you that story?

Is that story true?

Can that story be changed?



How do you view yourself?

What is the story of you?

Who gave you that story?

Is that story true?

Can that story be changed?

“I’m just _____...”



How do you view yourself?

What is the story of you?

Who gave you that story?

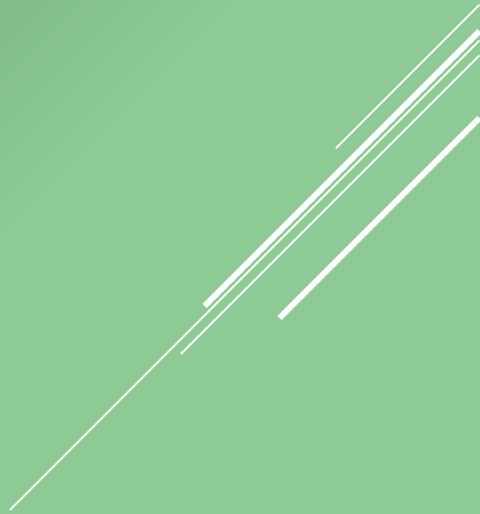
Is that story true?

Can that story be changed?

“I’m *just/always/never* _____...”



I AM...



I AM...

Tell the story of you

Imagine you just met somebody, and you have to introduce yourself and tell a short story of who/what you are/do...



I AM...

Tell the story of you

Imagine you just met somebody, and you have to introduce yourself and tell a short story of who/what you are/do... Go back to what you just wrote and DELETE THE FOLLOWING:

- Vocation (Job)
- Avocation (Hobbies)
- Relationships (Mom, Dad, etc.)
- Things you DO
- Physical Characteristics (Tall/Short, Old/Young, etc.)

The words “I am...” are potent words; be careful what you hitch them to. The thing you’re claiming has a way of reaching back and claiming you.

~A. L. Kitselman

The background is a solid green color. On the right side, there are several sets of parallel white diagonal lines that extend from the top right towards the bottom left, creating a sense of movement and depth.

I Am



Can you stand alone naked - metaphorically,
stripped of your stories, and just say I am?
That's surprisingly difficult. **Especially for
Adult Children.**

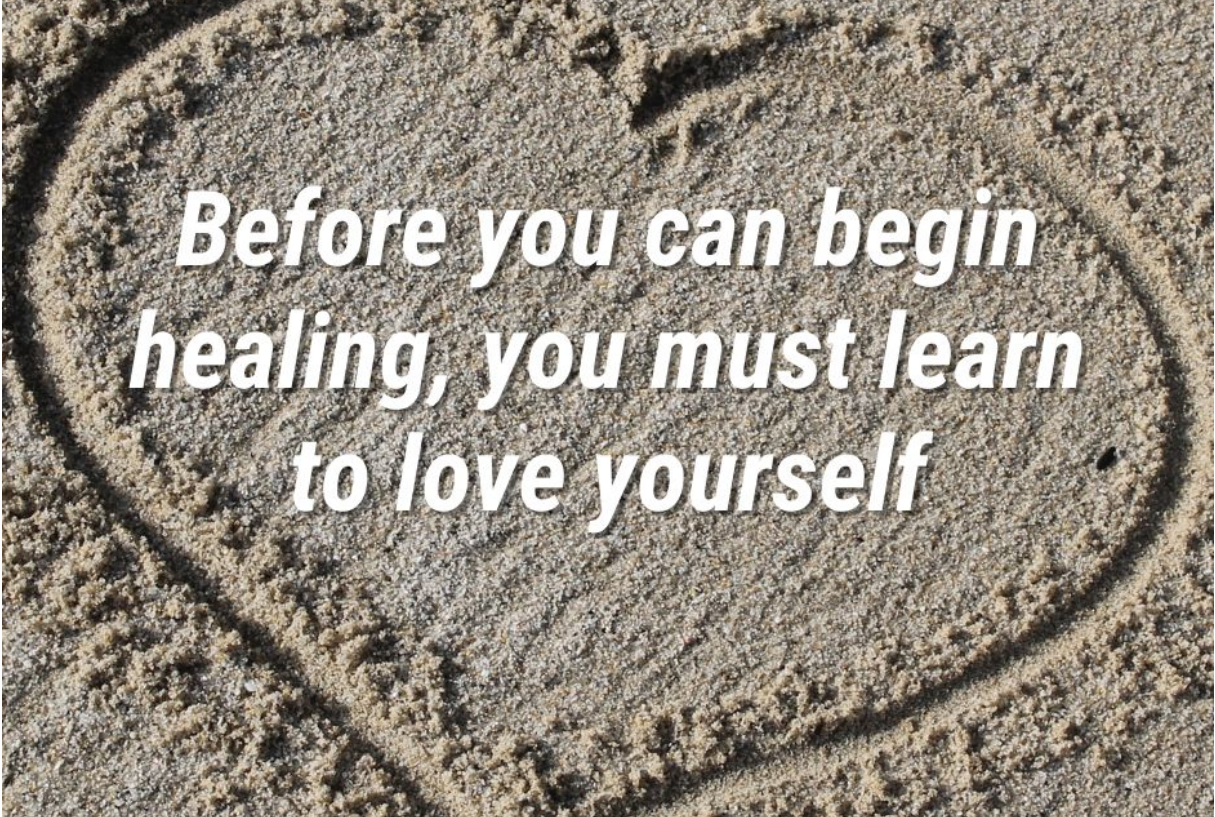
Can you stand alone naked - metaphorically,
stripped of your stories, and just say I am?
That's surprisingly difficult. **Especially for
Adult Children.**

- WITHOUT Judgement

YOU ARE

enough

until you can learn to love yourself
unconditionally, your relationships
will tend to embody codependency
rather than true love.

A close-up photograph of a heart shape drawn in the sand. The sand is a mix of light and dark grains, and the heart is formed by a slightly darker, more compacted ring of sand. The text is centered within the heart.

***Before you can begin
healing, you must learn
to love yourself***

SO how do you
CHANGE your
story?



How do you begin
this journey towards
Self-Love?

The background is a solid green color. On the right side, there are several white diagonal lines of varying lengths and thicknesses, creating a sense of movement and design. These lines start from the top right and extend towards the bottom left.

The first step in
reparenting ourselves
involves recognizing the
loving voice INSIDE.

- BRB p. 298

...thus we became
reactors rather than
actors...

ACA - The Problem

“When we’re judging or criticizing our experience, we cannot fully be in it. In order to witness we have to be able to interact with what is, without needing to fight against it. Nothing has to get rejected or closed down. No part of me is any more right than any other part. I am not more invested in one than the other. I am curious. Accepting. Interested. Allowing. Watching. This is an amazingly free place to stand. ‘There is absolutely nothing wrong with this moment.’ “

-STEPHEN COPE, "YOGA AND THE QUEST FOR THE TRUE SELF"



**Develop a loving
"Witness Consciousness".**

**A Seer that monitors the inside
thoughts and outer actions, not in a
judging way, but in a loving way,
constantly validating that thoughts
and actions are consistent with who
you desire to be, challenging the
false
self when needed and helping you
correct course. This loving Guardian
Angel will help you get to KNOW and
LOVE yourself.**

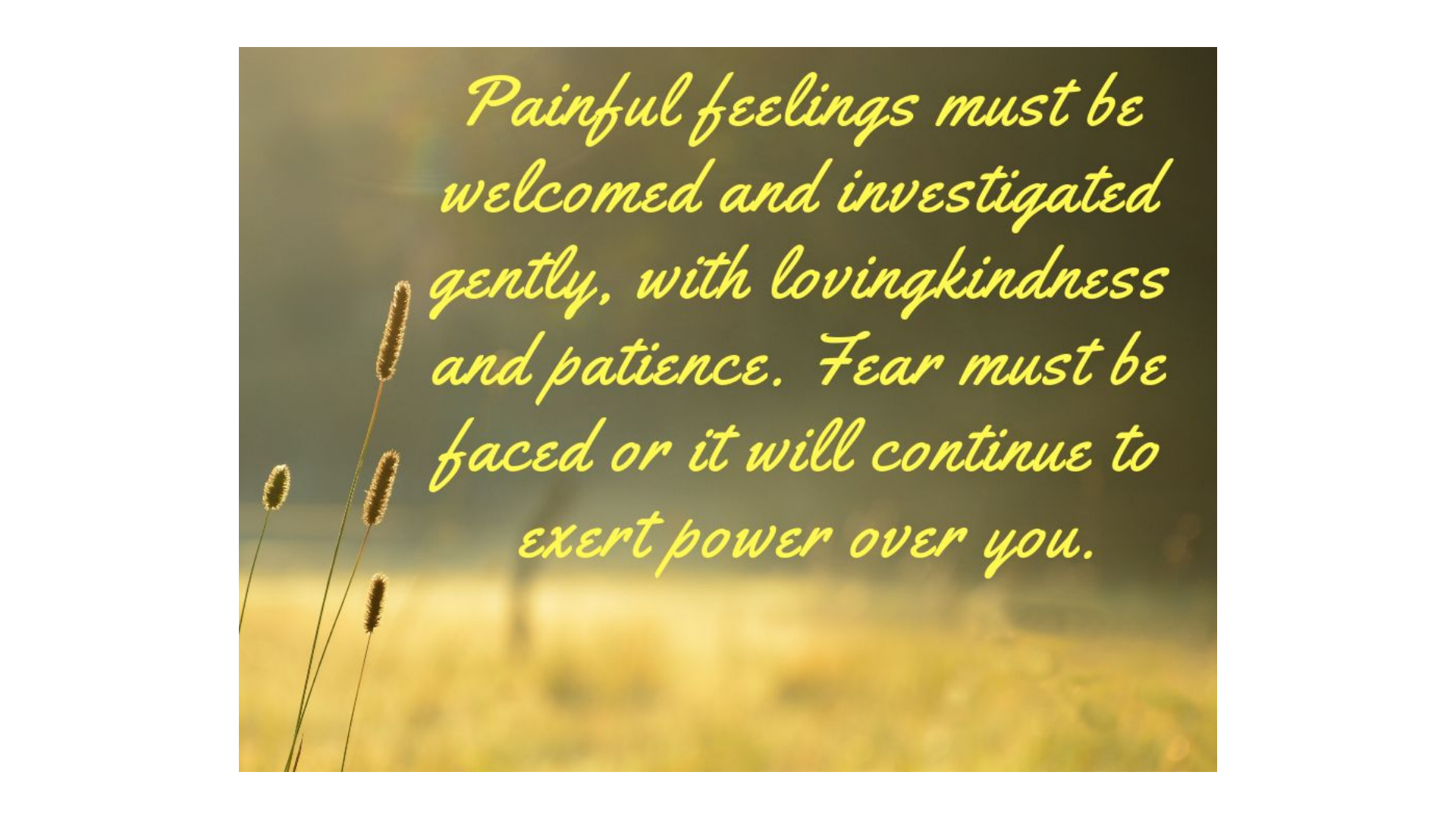
“The ‘night sea journey’ is the journey into the parts of ourselves that are split off, disavowed, unknown, unwanted, cast out, and exiled to the various subterranean worlds of consciousness. . . .

*The goal of this journey is to reunite us with ourselves. **Such a homecoming can be surprisingly painful, even brutal.** In order to undertake it, we must first agree to exile nothing.”*

— Stephen Cope

COURAGE!





*Painful feelings must be
welcomed and investigated
gently, with lovingkindness
and patience. Fear must be
faced or it will continue to
exert power over you.*

Excerpted from Chapter 5, The Withdrawal Experience, in Sex and Love Addicts Anonymous, copyright by The Augustine Fellowship, Sex and Love Addicts Anonymous Fellowship-Services, Inc., Boston, MA, ©1986.

We Cannot go through your withdrawal for you, or would we, if we could. Who would knowingly volunteer to go through it again? Certainly none of us! Yet the pain of each withdrawal is unique and special, even precious (although you probably don't think so). In a sense, the experience is you, a part of you which has been trying to surface for a long time. You have been avoiding or postponing this pain for a long time now, yet you have never been able to lastingly outrun it.

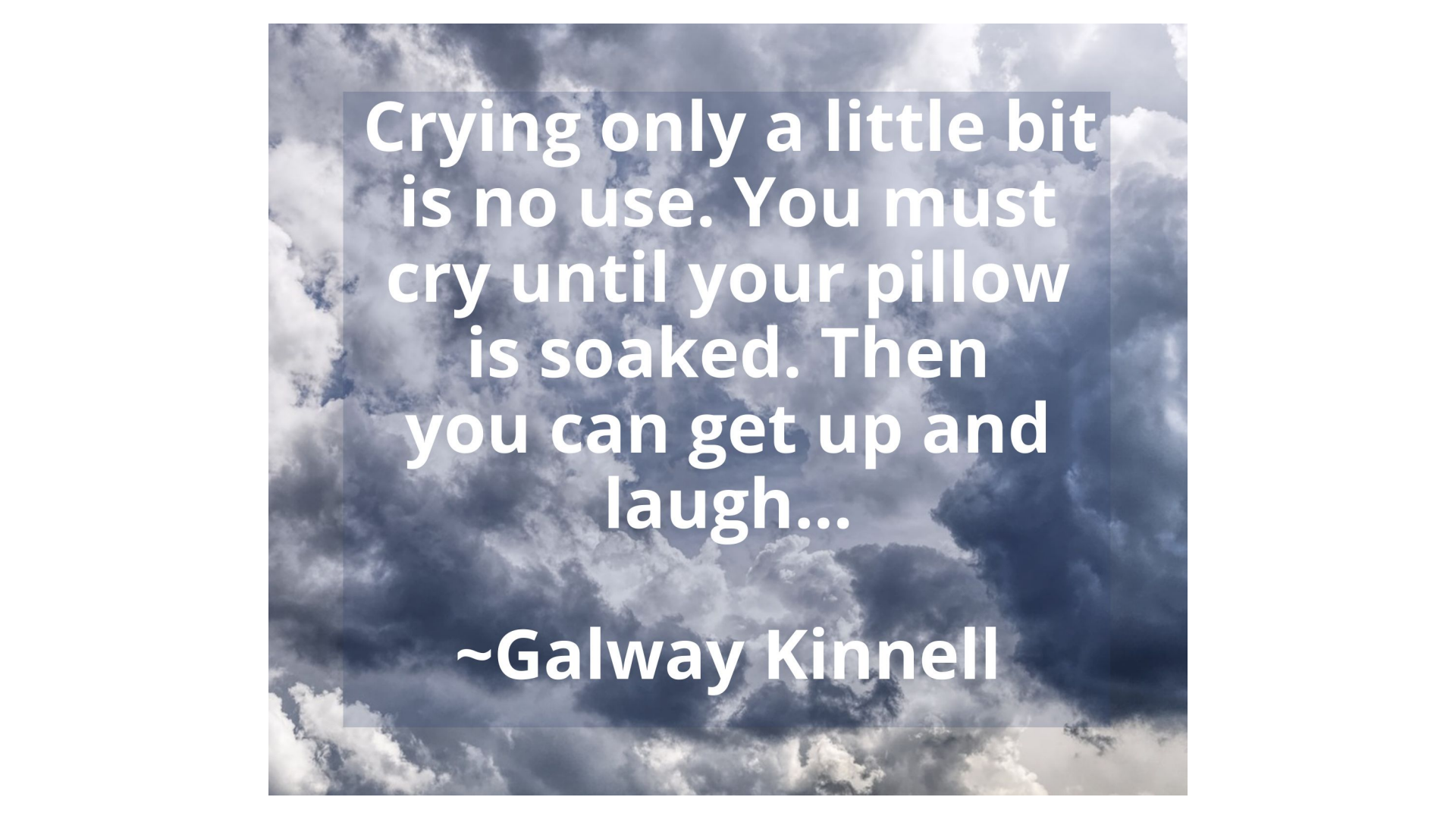
You need to go through withdrawal in order to become a whole person. You need to meet yourself. Behind the terror of what you fear, withdrawal contains the seeds for your own personal wholeness. It must be experienced for you to realize, or make real, that potential for you and your life that has been stored there for so long.

A big part of Parenting is tolerating & sitting with a child when they're having big, overwhelming feelings.

If you didn't get this...

A big part of 'Re-Parenting' yourself is tolerating & staying with yourself while you're having big, overwhelming feelings.





Crying only a little bit
is no use. You must
cry until your pillow
is soaked. Then
you can get up and
laugh...

~Galway Kinnell

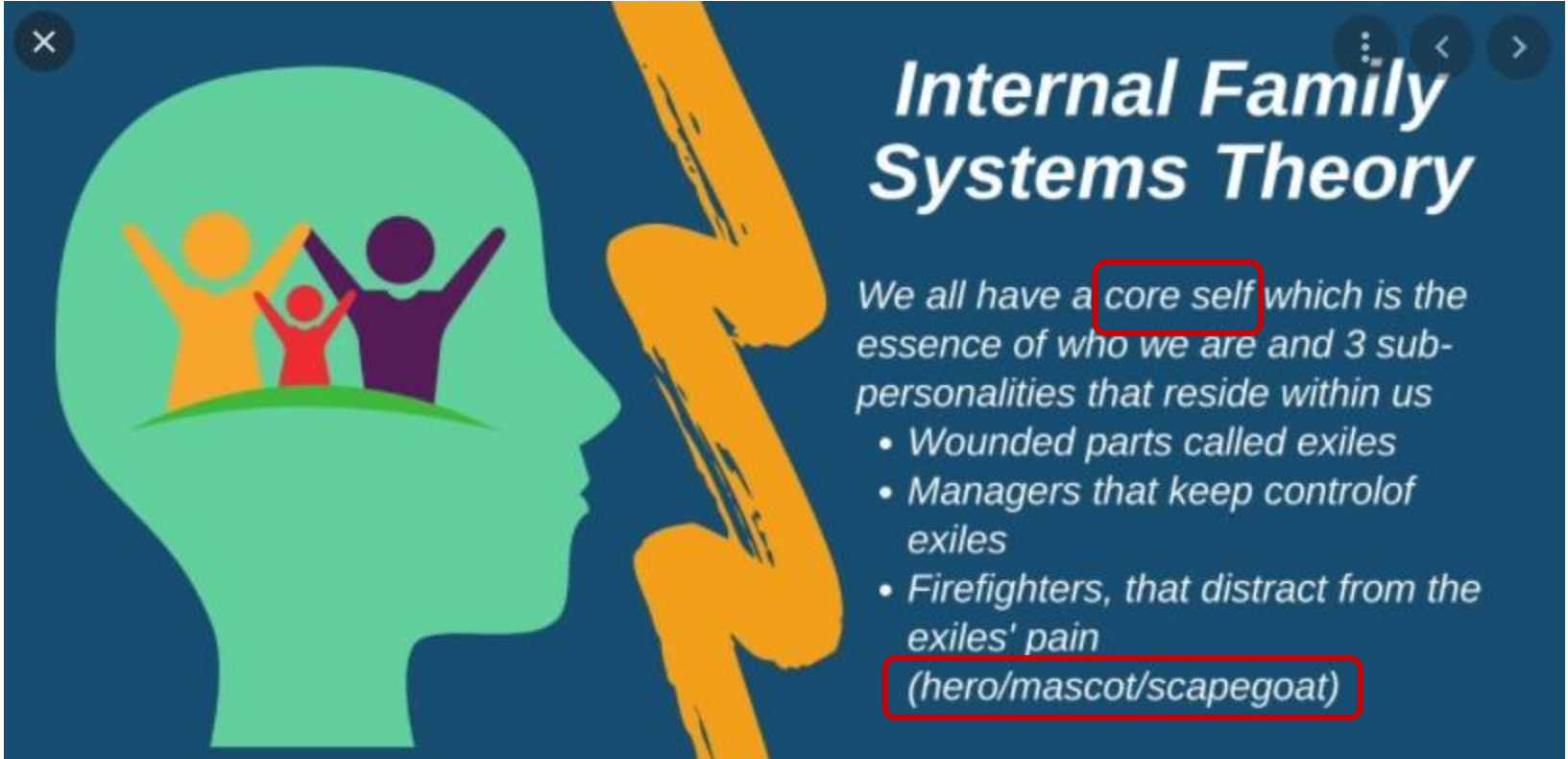
- Investigative work
- Shadow Work
- Grief Work



Internal Family Systems Theory

We all have a core self which is the essence of who we are and 3 sub-personalities that reside within us

- Wounded parts called exiles*
- Managers that keep control of exiles*
- Firefighters, that distract from the exiles' pain (hero/mascot/scapegoat)*

The graphic features a dark blue background. On the left, a light green silhouette of a human head in profile faces right. Inside the head, three stylized figures (orange, red, and purple) stand on a green hill with their arms raised. To the right of the head is a large, thick, orange lightning bolt. In the top left corner is a small dark circle with a white 'X'. In the top right corner are three dark circles: the first contains three white dots, the second contains a white left-pointing arrow, and the third contains a white right-pointing arrow.

Internal Family Systems Theory

*We all have a **core self** which is the essence of who we are and 3 sub-personalities that reside within us*

- Wounded parts called exiles*
- Managers that keep control of exiles*
- Firefighters, that distract from the exiles' pain*

(hero/mascot/scapegoat)

The Internal System

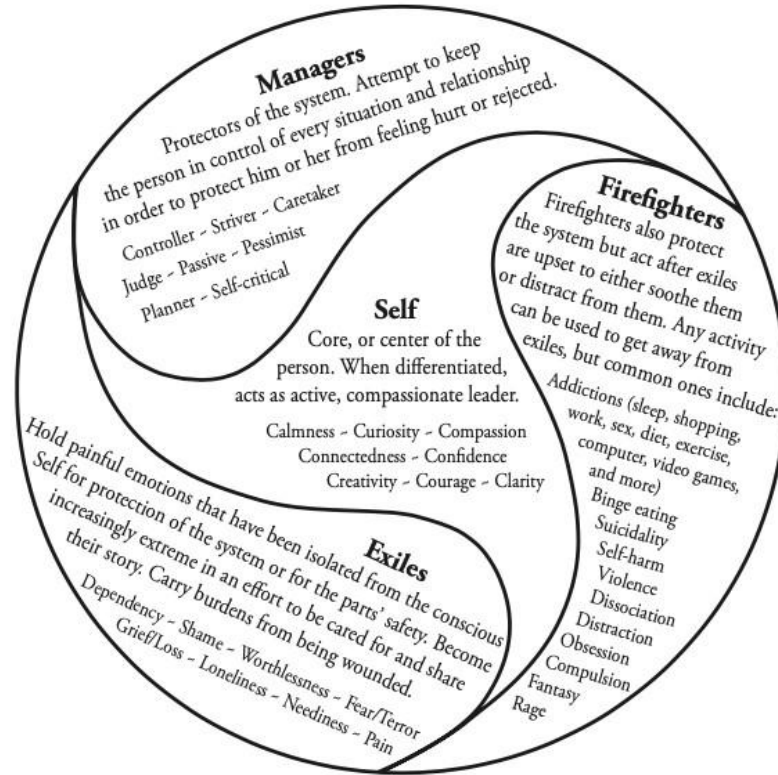
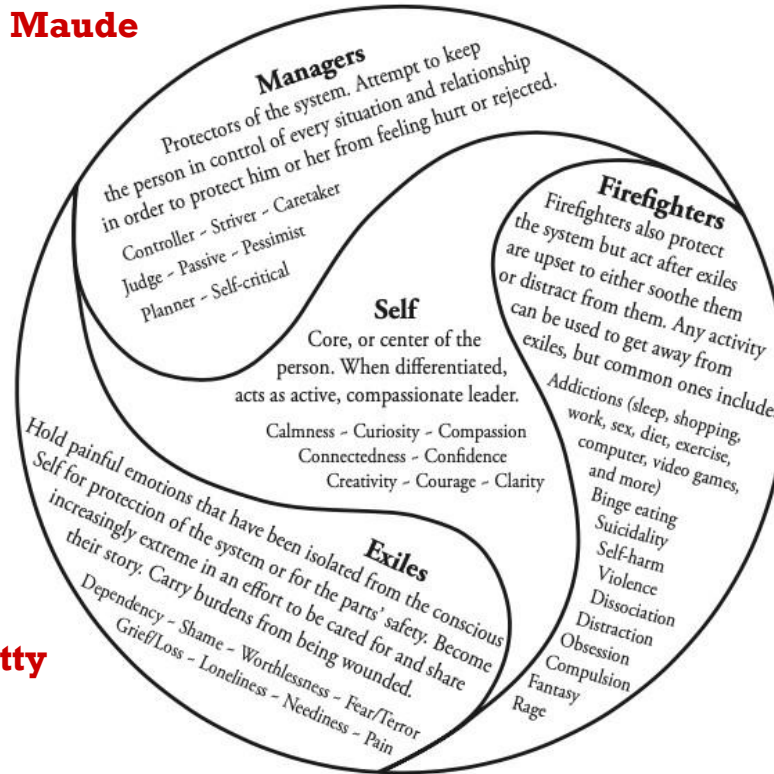


Image taken from the [Introduction to the IFS Model](#) Book

The Internal System

Maude



Kyle

Matty

The Internal System

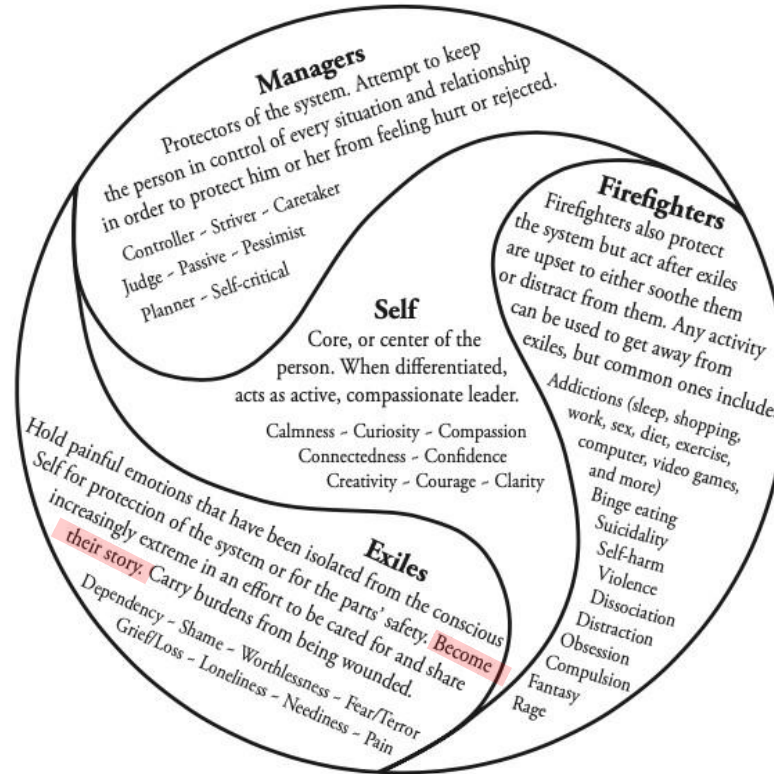


Image taken from the [Introduction to the IFS Model](#) Book

First things First!

The background is a solid green color. On the right side, there are several thin, white, parallel diagonal lines that extend from the bottom left towards the top right, creating a sense of motion or a modern design element.

A night sky with a shooting star streaking across the upper left. The word "ACCEPTANCE" is written in large, white, hand-painted capital letters across the center. It is framed by two thick, red, brush-stroke-like lines, one above and one below. The bottom of the image shows a dark, silhouetted horizon.

ACCEPTANCE

©Alcoholics Anonymous p. 44-9 (p. 417 in 4th edition)
Reprinted with permission of A.A. World Services, Inc.

...acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation - some fact of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment.

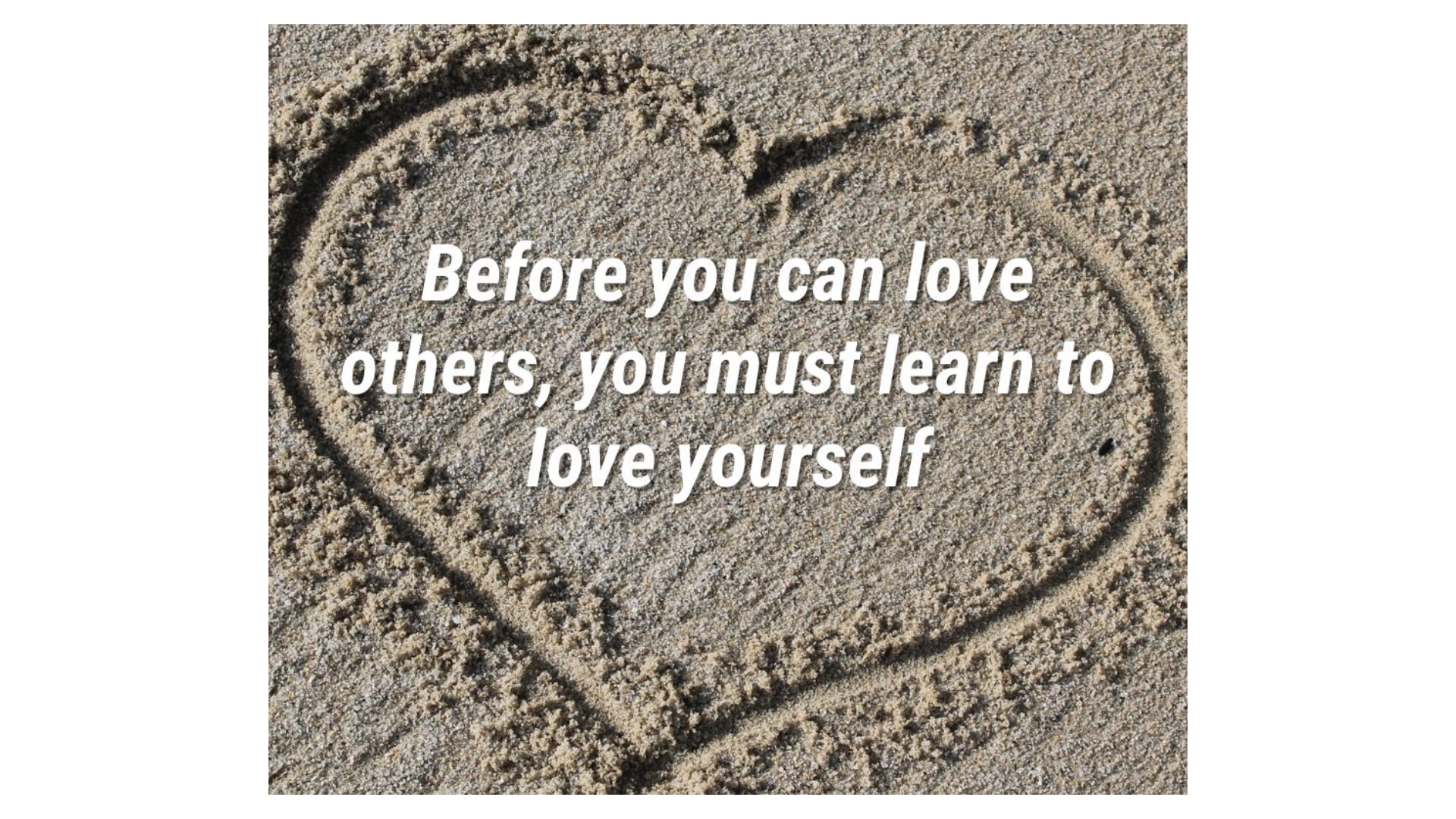
Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my [SELF], I could not [BE AT PEACE]; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.



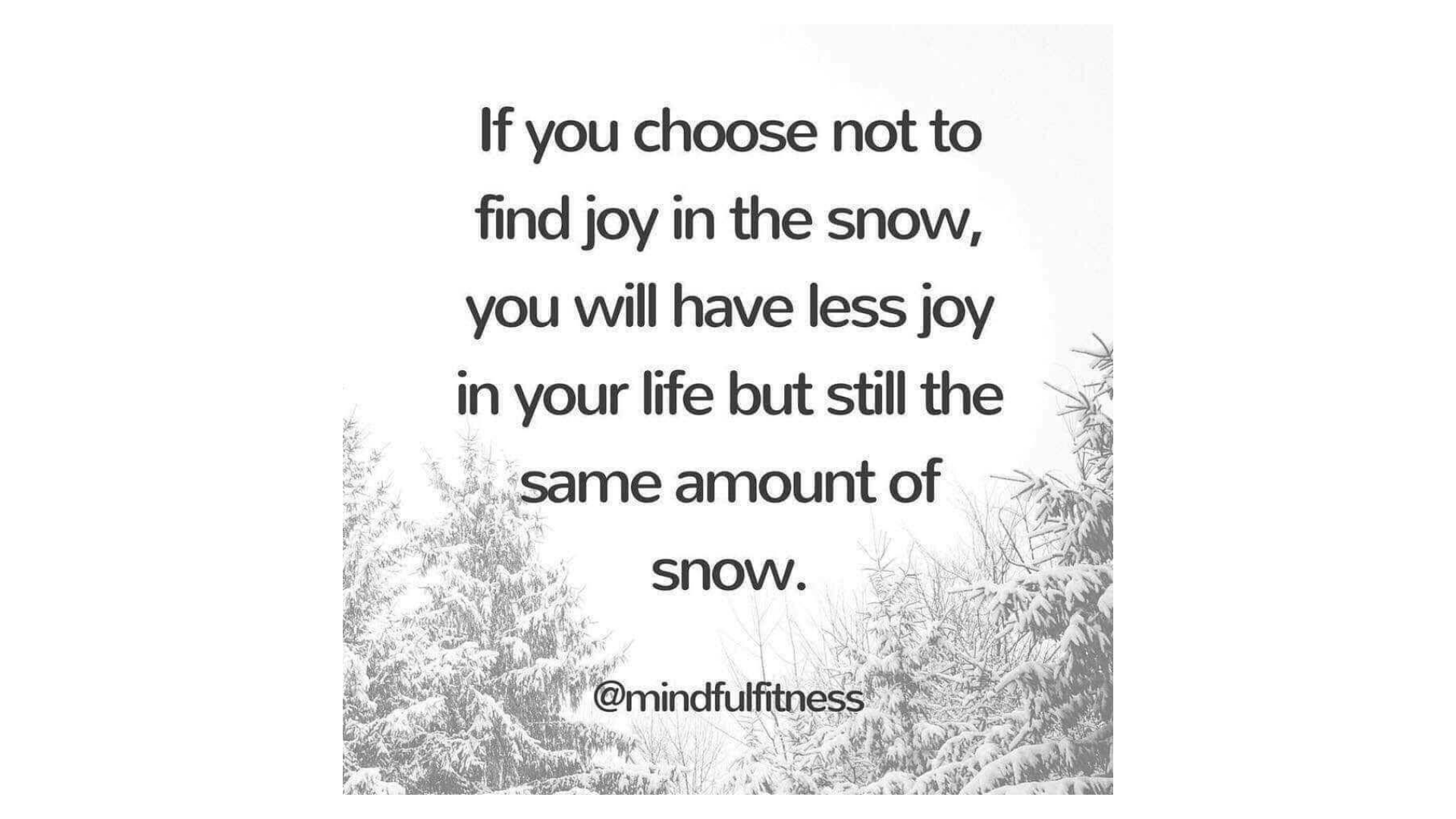
A vertical rectangular image featuring a deep blue night sky filled with stars. A bright, white shooting star streaks diagonally from the upper left towards the center. The words "SELF LOVE" are written in a bold, white, hand-painted font across the middle. The text is enclosed within two thick, horizontal red brushstrokes that have a textured, painterly appearance. The bottom of the image shows a dark, silhouetted horizon line.

SELF LOVE

For some reason, we are truly convinced that if we criticize ourselves, the criticism will lead to change. If we are harsh, we believe we will end up being kind. If we shame ourselves, we believe we end up loving ourselves. It has never been true, not for a moment, that shame leads to love. Only love leads to love.

A close-up photograph of a heart shape drawn in the sand. The heart is formed by two concentric, slightly irregular lines of sand, creating a textured, hand-drawn appearance. The sand itself is a mix of light and dark grains, giving it a natural, organic look. The heart is centered in the frame, and its edges are slightly blurred, blending into the surrounding sand. Inside the heart, a quote is written in a bold, white, sans-serif font. The quote is centered within the heart's outline and is the primary focus of the image.

***Before you can love
others, you must learn to
love yourself***



If you choose not to
find joy in the snow,
you will have less joy
in your life but still the
same amount of
snow.

@mindfulfitness



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