

Additional Tips for Getting the Most out of The Loving Parent Guidebook (LPG)

From a 11/6/21 Rhode Island Intergroup Speaker Event with Bonnie M., LPG Subcommittee Chair

- The LPG offers suggestions - not instructions or rules. Please find your way by testing out what works for you. Just doing that is an inner loving parent action.
- In terms of when to start the LPG, page 4 has some thoughts. My opinion and experience: ACA is a spiritual program, and none of us know what's best for another person. The how/when/what is something we can discover by making contact with a power greater than ourselves – whatever that may be. We can also speak with ACAs who've done the 12 Steps and learned to reparent themselves to get different perspectives to inform our choice.
- Work with others: One-on-one with experienced ACAs (if possible) with whom you feel safe; with a group, attend Reparenting Check-in and LPG meetings. You'll hear others model being a loving parent, and modeling helps us do it ourselves. You can find a Reparenting Check-in help sheet and study group guide on the [LPG Bonus Resources](http://lpg.adultchildren.org) page (<http://lpg.adultchildren.org>).
- Carry the LPG tools and learnings in you and apply them.
- When you try to reparent, check if your motivation is to be with a part of yourself or your feelings, or if you want to change them or make them go away.
- Add loving parent messages that resonate in the blank pages at the back of your LPG, in your phone, or to a piece of paper you can carry with you. It's more about creating a connection with your inner family members than repeating words or saying the perfect phrase.
- Read through Appendix A before you jump into Chapter One if you have any reservations.
- Go through the Preface and do the exercises. Doing so will give you a foundation to help you approach this work as a loving parent. Identify your supportive resources to help you regulate yourself, some of which might be in Chapter 21: Reclaiming Your Inner Child's Joy and Playfulness. The ends do not justify the means in this work; instead they reinforce unhealthy patterns.
- Nourish the spiritual side of yourself in whatever way is true for you. Doing so helps your inner family know that they are supported by a higher power of your understanding.
- Give yourself everything you're hoping others will give you. If someone doesn't love, approve, or appreciate you - can you do that for yourself? This keeps the focus on The Solution.
- Get additional help if needed. Sponsors, fellow travelers, therapists, and body workers can all form our support network.
- If you aren't ready to connect directly with your inner family members, you can spend time on Chapter 4, Chapter 10, Chapter 11, Chapter 13, and Steps 1-3. Understanding our pain (unmanageability) on a visceral level can motivate us to do this work out of compassion."

While this process can be painful at times, it is ultimately liberating. Best wishes for the journey!

Please note – this document is based on Bonnie's personal experience and suggestions. It has not been approved by the ACA WSO Literature Committee.