

## Sample Online REPARENTING CHECK-IN MEETING Script (Pop-In and Silent Guided Options)

Host Pre-Meeting Tasks: Host prepares relevant texts as a screen share or send the link in the chat. For support, consider having a Host and Meeting Chair. Host can support the back-end, chat function, screen sharing. Chair can read the format, do the guided check-in.

Note to Chair: To mute all or suspend the chat, see end of format. We recommend allowing attendees to chat with everyone publicly vs. private chats to avoid safety issues.

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Welcome. This is *a Loving Parent Guidebook* Reparenting Check-In Meeting of Adult Children of Alcoholics and Dysfunctional Families. My name is \_\_\_\_\_ and I am the Chair today.

Pop-in Format: We meet to practice hearing, affirming, and speaking to our inner children and listening to others model these skills. We meet until the guided ACA reparenting check-in practice is complete but not longer than one hour.

Silent Guided Format: We meet to practice hearing, affirming, and speaking to our inner children and listening to others model these skills until \_\_\_\_\_. (end time)

The Solution is to become your own loving parent and the ACA reparenting check-in process helps us do that. It helps us to act as adults grounded in the present rather than reacting from childhood coping mechanisms. The check-in meeting is intended to support, not replace, our personal reparenting check-in practice. We are each encouraged to find the connection with our inner child and inner teen that is authentic for our personal situation.

Will you please join me in a moment of silence, followed by the ACA Serenity Prayer?

### Introductions

If you have been to six ACA meetings or less, please introduce yourself by your first name. This is not to embarrass you, but so we can welcome you and get to know you better. Please press \*6 to unmute. (After newcomer intros) [Optional: Some of us are available to meet with you after the meeting has ended to answer questions.] We are glad you are here.

Let's introduce ourselves by our first names.

- Option 1: To preserve time for practice, please wave instead of verbally saying hello.
- Option 2: My name is\_\_\_\_\_.

(After all intro`s) Welcome to all. The ACA reparenting check-in practice can be emotionally activating. It is your choice to do this practice or not, or engage at whatever level is comfortable for you. This is a safe place to practice reparenting without being judged.

Pop-in Guided Meeting Format: In the last reparenting check-in step we ask each person to limit their sharing to one minute (two if fewer than ten people). May we please have a volunteer timekeeper? The timekeeper will say "time" at one minute in the last check-in step if needed. Please wrap up your share at that time. [Can be up to 2 minutes, depending on attendance]

Silent Guided Meeting Format: We ask each person to limit their sharing to three minutes (two if

more than 30 people) Can we have a volunteer timekeeper? The timekeeper will give you a 1-minute verbal cue by announcing "1 minute," and let you know when the time is up by stating, "Time."

## Meeting Boundaries

We ask that everyone respect the following meeting boundaries:

- Please indicate that you've finished sharing by saying "Pass."
- Please mute when not speaking.
- Please use the words "I, me, and my" to share your personal experience. Please avoid the use of "you, we, and us" except when speaking directly to your inner child or teenager, since it takes the focus off your unique perspective.
- We do not 'cross talk', which means: we do not refer to, negatively or positively evaluate, or comment on anyone else's sharing.
- [Pop-in format: Because it can be triggering for others, please do not go into specific details, including memories, or other content about why your inner child or inner teenager is or was triggered. We focus on tending to their feelings, so we can be in The Solution.]
- Anything heard at this meeting stays at the meeting. Please respect the privacy and vulnerability of those who shared here today.

## Meeting Format:

### ***First, Second, Third, and Fourth meeting of the month:***

The first four meetings of the month are reparenting check-in practice meetings. The fifth meeting of the month, a speaker shares their experience related to reparenting before opening up to shares.

This is a reparenting check-in meeting.

Our loving parent can attend to our inner child or inner teenager by attuning to what they need: nurturance, support, guidance, or celebration. We empathize with how this part of us feels, and what they need. We do not focus on the story or distorted thinking, however, or go into specific details about a trigger. This is a crucial distinction and keeps the focus on the solution. Short, simple sentences seem to work best. The most helpful reparenting tends to feelings and needs before offering reassurance or guidance.

When triggered, the inner child is prone to more vulnerable emotions like hurt, fear, sadness. The inner teenager is prone to feelings of anger, resentment, and frustration. Still, all parts of us can feel the full range of emotions. Asking, "How old is this part of me?" can help you discern who needs attention, and it's okay not to know.

If both the inner child and inner teen need attention, you can work with them both, one after the other. It can help to start with the part of you with the strongest feelings and let the other one know that you will tend to them next.

The willingness to speak to our inner child or teenager and be witnessed in a group can be a

powerful and validating experience for them. It helps break the don't talk rule and dissolves our shame as we start to see ourselves as we truly are. It is also a very vulnerable act. Each member always has the option to practice in silence.

Pop-in Guided Format: The check-in will end X (5-7) minutes before the close of the meeting at X:XX x.m. or earlier based on attendance.

Silent Guided Format: Sharing time will end X minutes before the close of the meeting at X:XX x.m.

### **Pop-In Format Reparenting Check-in (allow 15-42 minutes total)**

There are four steps in this practice. After each step, I will prompt you to "pop" in with a brief response if you wish. You're welcome to say your name when you share, but it is optional. When finished, please say pass.

In check-in step 4, please limit your share to one minute. The timekeeper will announce time at one minute if needed. (Chair: or whatever group decides based on number of attendees).

Please take care of yourself, which may mean moving your attention to sounds or a color or object in the room, or taking a break from the check-in.

1) With your eyes open with a soft gaze or closed, feel your breath where it's most comfortable for you, without changing it. Notice what emotion(s) you are feeling. In silence, what physical sensations – like constriction, fluttering, warmth – tell you that emotion is here? Please share what you noticed about your breath, emotions and sensations in a few words, saying pass when you're done.

2) In a couple words, share who now needs or recently needed the loving parent's attention - the inner child, inner teenager, both or don't know?

3) What activated this part of you? People, places or things? The critical parent or distorted thinking? Some combination? Maybe you don't know.

4) You're invited to notice in silence how you feel toward the part who needs the loving parent's attention. Connected? Curious? Compassionate? If not, how can you access these qualities to reparent? (Pause for 5 seconds)

As best you can, you're invited to tend to this inner family member, speaking directly to them and empathizing with how they feel and what they need without going into details about the trigger. You may find it helpful to place a hand on your heart or wherever feels soothing. What does this part of you need to hear? What does this part of you need you to do, which may include taking action for them, like setting a boundary or speaking up. (Chair: to encourage "live" sharing, allow people to pop-in right after asking this question rather than pausing again. Wrap up when members seem to be complete with sharing)

Please press \*1 to share and then \*1 to re-mute

(After sharing) Notice, as we move to close, your surroundings or sounds to ground back in the here and now. (Pause 3 seconds) Notice what it was like to check-in and hear others do the same. This practice may have shifted or could shift your experience to being more connected, which is a foundation of reparenting. (Pause for 3-5 seconds).

### **Silent Guided Format Reparenting Check-in (allow 3-4 minutes total)**

Please take care of yourself, which may mean moving your attention to sounds or a color or object in the room if you need to during the practice. For the next (3 or 4) minutes, you're invited to notice your answers in silence as I guide the check-in.

1) Eyes can be open or closed. You're invited to feel your breath where it's most comfortable, without changing it. (Pause 10 seconds) What emotion(s) are you feeling? (Pause 10 seconds) What physical sensations – like constriction, fluttering, warmth – tell you that emotion is here? (Pause 10 seconds)

2) Who now needs or recently needed the loving parent's attention - the inner child, inner teenager, both, or don't know? (Pause 10 seconds)

3) What activated this part of you? People, places or things? The critical parent or distorted thinking? Some combination? Maybe you don't know. (Pause 20 seconds)

4) You're invited to notice in silence how you feel toward the part who needs the loving parent's attention. Connected? Curious? Compassionate? If not, how can you access these qualities to reparent? (Pause for 5 seconds)

As best you can tend to this part of you. You may find it helpful to place a hand on your heart or wherever feels soothing. What does this part of you need to hear from you? Need you to do, which may include taking action for them, like setting a boundary or speaking up? (Pause for 45 seconds)

Notice what it was like to check-in. This practice may have shifted or could shift your experience to being more connected, which is a foundation of reparenting. (Pause for 3-5 seconds).

You're welcome to lift your gaze or open your eyes, and settle back into your surroundings.

The sharing time will now begin. Please raise your digital hand if you would like to share what you experienced during the check-in, which can include what your inner child or inner teenager needed to hear or needed you to do. [Chair if needed: you can access this from the participant's menu or by star 9 (\*9) if you're on the phone].

Hi, \_\_\_\_\_, please go ahead. [Press \*6 if you need to unmute]

### **Fifth meeting of the month**

The first four meetings of the month are reparenting check-in practice meetings. The fifth meeting of the month, a speaker shares their reparenting experience, strength, and hope before opening to shares.

Today's meeting is a speaker meeting. Our speaker will share their experience, strength, and hope on reparenting for approximately 15-20 minutes. We record speakers, (Chair: may want to specify it's audio only if that's the case) with their consent, to share in the group's podcast to help carry the message. We then turn off the recording, and the meeting will open up for everyone to share on what was seen, heard, and how they relate. We always share from the "I" position: I feel, I believe, my experience is.

Our speaker is \_\_\_\_\_ who will share their experience, strength and hope with us.

**[at 5 minutes before the close of the meeting - X:XX x.m.]**

Our time for sharing has ended. As Per the 7th Tradition, we are self-supporting, declining outside contributions. There are no dues or fees, but we do have expenses. If you'd like to contribute to WSO, please go to [www.adultchildren.org](http://www.adultchildren.org) for that information. You'll find a schedule of telephone, online, and face-to-face meetings along with the ACA daily meditation and ACA events. You can also sign up to receive the Traveler Newsletter for monthly ACA program information.

Reading Part 1 of *The Loving Parent Guidebook* and Chapter 8 in the Big Red Book can support your participation in this practice meeting. A Reparenting Check-in Worksheet and handout are available at <http://lpg.adultchildren.org>.

This is an ACA practice meeting. We encourage people to also attend other ACA meetings to learn about topics not covered here, to access additional service opportunities, and to expand their ACA support network.

**Announcements**

Are there any ACA related announcements?

The fifth meeting of the month, when there is one, is a speaker meeting. We need speakers who actively use this reparenting check-in and have worked their fifth step. If you are willing to be a speaker, please speak with the Chair after the meeting.

We need monthly meeting Chairs who have attended ACA meetings regularly for six months or more. If you are working in the yellow book, and are using the reparenting check-in, please see the chair after the meeting.

Does anyone have any other ACA related announcements?

Guided Format: (If time allows) Does anyone have a burning desire to share?

That's all the time we have for sharing.

*Chair: Each Chair decides if and for how long they want to leave the room open.*

If closing zoom: The room closes when the Chair hangs up.

If keeping zoom open (make newcomer greeter host): The Zoom room will remain open for 30 minutes of fellowship after the meeting closes and reopen 30 minute before the meeting each week.

Who would like to read The Promises, found on page 591 of the Big Red Book?

Will you please help me close the meeting with the ACA serenity prayer?

Keep coming back. It works if you work it, so work it, you're worth it.

If keeping room open: I now turn the meeting over to our Newcomer Greeter\_\_\_\_\_. The meeting is now open for fellowship until \_\_\_\_\_.

**To add as needed to support meeting safety**

All formats: Please treat this online meeting as you would an in-person meeting and refrain from

activities that would distract others. To minimize background noise, we have muted all participants upon entry. However, you can unmute yourself at any time. Please mute when you are not speaking. Press \*6 to mute and unmute.

\_\_\_\_\_ is/are our Zoom host(s), helping me with meeting logistics. Feel free to send them a chat with questions about Zoom. We will not be able to answer questions about reparenting or the check-in during this meeting.

We suspend the chat feature at points to support meeting safety. [Optional: You'll see a "Raise Hand Icon" on your participant menu. If you're on the phone, use star 9 (\*9) to raise your hand. Please test it out now. Please click the icon again to lower your digital hand or \*9 for the phone. Just before we reach the sharing time, the host will lower all hands. We will then prompt you to raise your digital hand. Please wait until prompted to do so, and please lower it after you've shared].

If you are concerned about showing your full name or your photo right-click on your name to change it. You can also disable your video by clicking the video icon in the lower-left corner of the screen. The "record meeting" function in Zoom has been disabled.

If you are in a public setting, please turn off your video and use your headphones so others can't hear the meeting.

**Groups - Please note:**

Modifying the reparenting check-in process or using it for commercial purposes is not allowed. If using this process outside of ACA meetings and groups, always give written and verbal credit to ACA WSO, citing [www.adultchildren.org](http://www.adultchildren.org).