

# REVIEW SESSION 5

Thursday, August 28

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We will discuss the suggestions for a script change. As a group, we will either:

- Adopt the suggested change
  - Adopt a modification to the suggested change
  - Reject the change
  - Move the decision to the final session
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Suggestion: can we incorporate loving parent reparenting basics as one of our daily self care readings? For those of us not doing LPG work yet, a weekly (Or daily) review of some basic concepts and tools in reparenting might help us get started now.

SELF-CARE READINGS
<b>Mon:</b> The Promises
<b>Tues:</b> ACA Affirmations
<b>Wed:</b> Tony A's Steps
<b>Thurs:</b> The Solution
<b>Fri:</b> Feelings Chart
<b>Sat:</b> The Promises
<b>Update:</b> My Journey
<b>Sun:</b> ACA Bill of Rights

NOTE:

- The Room Host does not time each participant.

Suggestion: Add that the Host only times members who request to be timed.

- When there are no hands raised, the Host may inform the members that we sit in silent meditation until someone is moved to raise their hand to speak.

Suggestion: change 'speak' to 'share'.

- At the top of the hour, those Hosts and Cohosts who are **unable to raise a virtual hand** may be invited to share.

Suggestion:... hour, anyone who is unable to raise their virtual hand, for any reason, may be invited to share

· To avoid crosstalk, we say something simple, like “Thank you” at the end of a share, if anything at all.

Suggestion: “You may say something like thank you at the end of a share.”

SELF-CARE READING:

If there are people who had raised hands and did not get to share for 2 minutes, you can invite them to be first to share.

“If you were unable to share, or would like to talk further to another member, you will find a contact list on our website.

Suggestion: Change: ...on our ‘group’ website, ‘acamorning.org’.

You will hear more about that in our announcements.

Suggestion: Change: ‘in our’ to ‘during’.

Suggestion: Add: announcements ‘back in the main room’.

For the self-care part of our meeting, the floor will be open for 1-minute shares.

If you’ve already shared, please allow others a chance to speak.

Suggestion: Change: ‘a chance to speak’ to ‘an opportunity to share’.

At around :24 after the hour we will be asked back to the main room...

## THURSDAYS

... For the self-care reading today, we just chime in and read a paragraph from The Solution.

Suggestion: Change ‘just chime in and read’ to ‘participate by reading’.

Remember to self-time for a minute or less, but there is no need to raise your hand.

Suggestion: Add: ‘When it’s time to share, remember to...’

Simply unmute and share.

[After the reading...]

The floor is now open.

Suggestion:

... For the self-care reading today, we just chime in and read a paragraph from The Solution.

[After the reading...]

Remember to self-time for a minute or less, but there is no need **now** to raise your hand.

Simply unmute and share. The floor is now open.

## FRIDAYS

... For our self-care today, we practice sharing our feelings in this moment with help from the feelings list.

Remember to self-time for a minute or less, but there is no need to raise your hand.

Suggestion: "... no need now to raise..."

Simply unmute and share.

The floor is now open

Suggestion: To be edited after the choice of Feelings slide is made

## ALL OTHER DAYS

... For the self-care reading today, we just chime in and read one or two statements from the list.

Suggestion: Change 'just chime in and read' to 'participate by reading'.

Suggestion: Add: 'or three statements', if the list is long.'

Suggestion: Add: ...from the list, 'whatever you are comfortable with'.

Remember to self-time for a minute or less, but there is no need to raise your hand.

Simply unmute and share.

[After the reading...]

The floor is now open.

Suggestion:

... For the self-care reading today, we just chime in and read one or two statements from the list.

[After the reading...]

Remember to self-time for a minute or less, but there is no need now to raise your hand.

Simply unmute and share. The floor is now open.