

ASCA Stages and 21 Steps

(Read at the beginning of all meetings)

Volunteer Reader One

Stage One – Remembering

1. I am in a breakthrough crisis, having gained some sense of my abuse.
2. I have determined that I was physically, sexually or emotionally abused as a child.
3. I have made a commitment to recovery from my childhood abuse.
4. I shall re-experience each set of memories as they surface in my mind.
5. I accept that I was powerless over my abusers' actions which holds *them* responsible.
6. I can respect my shame and anger as a consequence of my abuse, but shall try not to turn it against myself or others.
7. I can sense my inner child whose efforts to survive now can be appreciated.

Volunteer Reader Two

Stage 2 – Mourning

8. I have made an inventory of the problem areas in my adult life.
9. I have identified the parts of myself connected to self-sabotage.
10. I can control my anger and find healthy outlets for my aggression.
11. I can identify faulty beliefs and distorted perceptions in myself and others.
12. I am facing my shame and developing self-compassion.
13. I accept that I have the right to be who I want to be and live the way I want to live.
14. I am able to grieve my childhood and mourn the loss of those who failed me.

Volunteer Reader Three

Stage 3 – Healing

15. I am entitled to take the initiative to share in life's riches.
16. I am strengthening the healthy parts of myself, adding to my self-esteem.
17. I can make necessary changes in my behavior and relationships at home and work.
18. I have resolved the abuse with my offenders to the extent that is acceptable to me.
19. I hold my own meaning about the abuse that releases me from the legacy of the past.
20. I see myself as a thriver in all aspects of life - love, work, parenting, and play.
21. I am resolved in the reunion of my new self and eternal soul.