

## **Boundaries Check-In Meeting Format (4th draft)**

*(Original format submitted to the Boundaries Sub-committee of the WSO Literature Committee on 11-15-20, Revised 4-10-21, 4-13-21, 4-27-21)*

This meeting format introduces the *Boundaries Resource Guide* currently being written by adult children for the ACA Fellowship.

Each group that forms to explore this meeting format is autonomous. Groups can evolve their own format, size, and structure through group conscience. A rotation of leadership is recommended. Ensuring safety in the meetings is supported by considering the ACA 12 Traditions.

Members and groups can provide feedback about their experiences with this meeting format and resources to the Boundaries Sub-committee of the ACA WSO Literature committee as it embarks on writing educational materials about boundaries over the next several years. Opportunities to provide this feedback anonymously will be provided.

### **Boundaries Check-in Meeting Format (6 members, 60 min version)**

#### **Opening (15 min)**

1. ***Opening Prayer*** (1 min)

*i.e. ACA Serenity Prayer:* God, grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know that one is me.

2. ***Reading from Boundaries Resources*** (2 min)

From the Setting and Practicing Boundaries Meeting Resource Guide, pp 1-2.

Setting “boundaries” in recovery supports Adult Children in becoming confident and trusting that we can keep ourselves safe from others, can clearly communicate what we will and will not do, and can practice self-love rather than judgment in the process. We learn that we cannot control or change other people, but we can see how their behavior may trigger our laundry list traits.

Our inner child can be triggered by a lack of boundaries because they did not have clear boundaries set or modeled in our dysfunctional childhoods. Now, we can recognize and listen to our Higher Power, our feelings, our recovery supporters, and the voice of a loving inner parent to care for our inner child.

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Here are some practical suggestions for setting boundaries:

1. I will use “I” sentences when setting a boundary because it is about me. When I use “You” statements – I am dictating, or telling others what to do.
2. I do not negotiate my boundary. I feel, decide, and express my needs by setting boundaries for myself, not to demand a change in others. I have the right to change my mind, but boundaries are not for forcing change in someone else. I will guard against people-pleasing or rescuing, both of which can harm my boundaries.
3. I will recognize the body sensations that tell me I need to set a boundary. I can recognize the feelings and physical sensations I experience in daily life and use these body and mind indicators to help me remember past experiences.

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#### **4. *Silent Meditation* (2 min)**

#### **5. *Check Ins* (1 min x 6 members) (Some possible topics—only ideas):**

- Name, etc.
- What attracted you to this meeting?
- Share a boundary brag or a boundary goal.
- How did you play and have fun this past week?

#### **Middle (30-40 minutes)**

#### **6. *Lead Share from a Fellow Traveler* (5-20 min)**

Members of the group can take turns providing a lead share. Guest speakers can be invited.

or

**Boundaries Check-In Guided Meditation** (4-5 min)

Adapted from the Boundaries Check-In Worksheet in the Boundaries Resource Guide.

**7. Shares** (2-3 min x 6 members)

*(Some possible topics--- only suggestions):*

- Insights from today's readings or the guided meditation
- Personal experiences with boundaries
- Challenges you may be facing around boundaries

**Closing (10-15 minutes)**

**8. Closing Check Ins** (1 min x 6 people)

*(Some possible topics--- only suggestions):*

- Insights about boundaries
- Goals or intentions around boundaries
- A trigger or an experience with a boundary from this meeting (principles, practice, progress)

**9. Confirm volunteers for next week's meeting**

Chair / Moderator

Lead Share

Reader for the Boundaries Check-In guided meditation

**10. Closing Prayer (1 min)**

i.e. the *ACA Serenity Prayer*

God, grant me the serenity to accept the people I cannot change,  
the courage to change the one I can, and the wisdom to know  
that one is me.