# What is PA-A?

**Relations with Outside Agencies**

**Why is PA-A “Anonymous?”**

Parental Alienation Anonymous (PA-A) is a fellowship of individuals who share their experience, strength and hope with each other. We share our common struggles and resources to help others navigate this debilitating disease.

The only requirement for membership is that alienation is affecting your life.

Our primary purpose is to share our stories, support each other and carry this message of recovery to others struggling with alienation.

**How is PA-A Supported?**

Each PA-A group is fully self-supporting through voluntary contribution of its members. There are no dues or fees for membership.

**How Do PA-A Members Recover?**

We maintain recovery by:

* Sharing our experience, strength and hope with each other
* Application of the Twelve Steps and Twelve Traditions of PA-A
* Using the tools of recovery as outlined in PA-A literature

PA-A has adopted a policy of “cooperation but not affiliation” with other organizations and professionals concerned with the problem of parental alienation.

PA-A, as such, has no opinion on outside issues and neither endorses nor opposes any outside causes. PA-A is not allied with any sect, denomination, political organization, or institution.

**What PA-A Does Not Do**

PA-A is not a religious organization or a counseling agency. It is not a treatment center nor is it allied with any other organizations offering such services.

In meetings, we discuss our lived experience, habitual thinking and coping mechanisms. We also discuss how to work a solution. We do not teach you how to solve your problems through control or strategy’s. Trying to control people, places and things has not worked out in the past. Meetings are a safe place for newcomers, as well as regular attending folks. In recovery we are not “triggered” by anything others may say or do. If we are, we work our program to regain perspective.

Anonymity is the spiritual foundation of PA-A. It disciplines the fellowship to govern itself by principles rather than personalities.

We are a society of peers. Anonymity fosters a unity and singleness of purpose we find empowering.

Our focus and our message are about our program of recovery, not about individual PA-A members.

Anonymity in public media assures all members, especially newcomers, that their PA-A membership will not be disclosed.

**How to Find PA-A**

Look for meetings, publications and more at:

PA-A.org

You may also email us at:

ParentalAlienationAnonymous@gmail.com

**The Twelve Steps of PA-A**

**(Adapted with permission from pages 59-60 in the*“AA Big Book”, Alcoholics Anonymous)***

1. We admitted we were powerless over People – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God[1](#_bookmark0).
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood God* .
12. Having had a spiritual awakening[2](#_bookmark1) as the result of these steps, we tried to carry this message to others struggling with parental alienation, and to practice these principles in all our affairs.

Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. The principles we have set down are guides to progress. We claim progress rather than perfection.

1 “God” in PA-A literature can mean the Deity, a deity, a spiritual entity of one’s own understanding (a Higher Power), or a non- spiritual conception (a higher purpose). Reliance on any one of these conceptions confers a perspective that transcends our immediate physical, social, and emotional circumstances and allows us to “keep calm and carry on” with what really matters.

2 The term “spiritual awakening” can refer to an event—a vital

spiritual experience—or to a gradual change. Those of us who are atheists also experience a transformation, enabling us to place service before selfishness.

**The Twelve Traditions of PA-A**

**(Adapted with permission from page 564 in the*“AA Big Book”, Alcoholics Anonymous)***

1. Our common welfare should come first; personal recovery depends upon PA-A unity.
2. For our group purpose there is but one ultimate authority – a loving God as God may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for PA-A membership is a desire to recover from an eating disorder.
4. Each group should be autonomous except in matters affecting other groups or PA-A as a whole.
5. Each group has but one primary purpose – to carry its message of recovery to others with eating disorders.
6. An PA-A group ought never endorse, finance or lend the PA-A name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every PA-A group ought to be fully self-supporting, declining outside contributions.
8. PA-A should remain forever nonprofessional, but our service centers may employ special workers.
9. PA-A, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. PA-A has no opinion on outside issues; hence the EA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need maintain personal anonymity at the level of press, radio, film, and web.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place “principles before personalities.”

*PA-A at a Glance*

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For more information please visit our website at:

PA-A.org

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