

Phone List:

Newcomer Booklet

We suggest opting into the meeting phone list. In order to Do this please give the meeting secretary your tel# and email address.

SUGGESTIONS OF PA-A.ORG

- 1. ATTEND A MINIMUM OF 6 MEETINGS. IT TAKES TIME TO SETTLE INTO A 12 STEP MEETING AND FEEL A SENSE OF COMFORT AND SAFETY.**
- 2. MOST OF US NEW TO MEETINGS HAVE A TOUGH TIME FOLLOWING THE FORMAT INITIALLY, PLEASE KEEP COMING BACK.**
- 3. YOU MIGHT EXPERIENCE OVERWHELMING FEELINGS AND GRIEF AT INITIAL MEETINGS. THIS IS COMMON AS WE START TO HEAR OTHER PEOPLES LIVED EXPERIENCES.**
- 4. PEOPLE THAT ATTEND MEETINGS ARE ALL OVER THE SPECTRUM. SOME HAVE NO CONTACT, SOME PARTIAL, SOME FULL CONTACT. IF YOU HEAR STORIES THAT HAVEN'T HAPPENED TO YOU YET YOU ARE ONE OF THE LUCKY ONES. THERE IS STILL HOPE AND TIME.**
- 5. PULL UP A CHAIR OR COMPUTER AND STAY AWHILE. YOU DO NOT WANT TO LEAVE BEFORE THE MIRACLE HAPPENS.**

In PA-A, recovery means recovering a relationship with ourselves. We recover ourselves in order to be able to show up for all the relationships in our lives in a more grounded, integrated fashion. We regain the power to see our options and to make careful choices in our lives. Recovery means rebuilding trust with ourselves, a gradual process that requires much motivation and support. As we learn and practice careful self-honesty, self-care and self-expression, we gain authenticity, perspective, peace and empowerment. We can then carry this out into every relationship in our lives. Our kids/grandkids get the best version of us and with that a chance too, to recover from this insidious disease.

How to Find PA-A:

Look for meetings, publications, and more at:

PA-A.org

Email us at parentalalienationanonymous@gmail.com

THE TWELVE STEPS OF PA-A

1. We admitted we were powerless over people/institutions/things and 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 a higher power *as we understood them*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to our higher power, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have our higher power remove all these defects of character.
7. Humbly asked our higher power 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 our higher power, praying only for knowledge of our higher power's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others struggling with PA, and to practice these principles in all our affairs.

WHAT IS A SPONSOR?

A sponsor is someone who has completed all 12 steps and takes others through the process of working the Twelve Steps. They listen, provide honest and positive feedback, and share their personal experience, strength and hope. Their insight and inspiration can help others learn how to successfully work a Twelve-Step program of recovery.

How do I find a sponsor?

Attend regular PA-A meetings in your area or on zoom and speak to other members. Reach out to attendees who have a recovery program that attracts you. We encourage you to leverage PA-A 12 Step Workshops and materials on the PA-A.org website.

It is important to find someone who is working or has worked all 12 steps and has experience in recovery with their struggles with PA. Please remember that a sponsor-sponsee relationship is not a substitute for professional therapy. We encourage everyone to work with qualified, trained counselors and other experienced and credentialed medical professionals as needed.

I have a sponsor, what do I do now?

Once you have gotten a sponsor you are now a sponsee! Sponsees are responsible for working the program of PA-A: maintaining regular, frequent contact with a sponsor; completing the Twelve Steps of PA-A; regularly attending PA-A meetings; being open to honest, positive feedback; asking for guidance when needed; taking responsibility for their own decisions and actions. Once you have completed or are working the Steps of PA-A, you will be able to sponsor and carry the message of your own experience, strength, and hope – helping others find traction in the recovery process from an eating disorder while strengthening your own recovery.

Sponsorship is a fundamental and vital component of recovery and Step 12: it is carrying the message of recovery in the most direct and meaningful way possible.

Can You Relate?

- Are you, at times struck by a sudden sadness and longing? As the result of a special family events or seeing a happy family..... among 100's of other things.
- Do you ruminate about what if-s with your kids and family?
- Do you wonder why me?
- Do you spend a great deal of time fantasizing about what, when, and where you might have contact with your kids or grandkids?
- Do you secretly check social media for any updates on your kids/grandkids?
- Do you feel guilty or shame about your kids/family?
- Are you, at times, afraid of what the future might hold?
- Does your self-esteem depend to a large extent on your relationships with your kids/grandkids/family?
- Do you often feel anxious or panicked about your kids/grandkids/family, future, holidays, special occasions?
- Do your feelings effect your plans for the day?
- Do you use thinking about kids/grandkids/family to help you manage your emotional states so your life feels more manageable?
- Do you feel concerned that you might not be able to do all that is required of you each day without your kids/grandkids/family?

If your honest answer is "yes" to many of these questions, a 12-step group might be of great benefit for you.

PA-A is a program of recovery for people struggling with PA and estrangement. It is a program of recovering yourself first and gradually rebuilding relationships in a grounded, supported way

What is PA-A?

Parental Alienation Anonymous (PA-A) is a fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems and help others struggling with PA. We learn how to regain relationships with ourselves and build a happy healthy life in the midst of PA struggles. In PA-A, we help one another identify and claim milestones of recovery.

Now what do I do?

If you think you may have been affected by PA, you may think recovery is not possible. Many of us felt the same way, yet our experience is that recovery is not only possible but probable for all of us. Recovery does not depend on anything other than our willingness to be uncomfortable as we gradually adopt new ways of thinking and acting in response to life's challenges. If you are struggling with PA in any form, the good news is that you are already very adept at being uncomfortable! The bad news is that recovery takes time. We found that we continued in our pain, anger and need to control until we no longer needed these tools. We did not develop these coping mechanisms overnight, and they will not go away overnight, either. PA is overwhelming in the best of moments. There are many sources of support that can help establish new foundational ideas and practices that foster recovery. We encourage everyone to utilize whatever trusted and reliable resources are available to build a strong network of support. Groups like PA-A can provide insight and inspiration: hope and sustainable patterns of thought and action that create perspective and balance. Empowerment comes from owning and claiming our dysfunction within our family system.

Is there a plan that guarantees results/relief?

PA-a is not a silver bullet program. We can tell you that members get a tremendous amount of relief from joining a community of others recovering and actively struggling with PA. We no longer need to explain our story or be lonely and isolated. There is now a safe place to express our experience, pain and struggles. We also get a brand-new set of tools to reclaim our lives firstly and as a byproduct improve all relationships in our lives. We get to be the best parent/grandparent possible when and if we get a chance to recover our loved ones.

HOW DO PEOPLE RECOVER?

We believe that we have coping skills that have served us up to this point. We all believe that through the 12 steps we can uncover behaviors that no longer serve us. We can acknowledge where we haven't been completely present and active in our lives and we can find a new fuller richer way of living. Our old outdated coping strategies help us feel better about our shame, anger, fear, loneliness, exhaustion, and ordinary human needs. As we learn to address stress through other mechanisms, the intensity of our grief, loneliness, shame other feelings start to transform. It is a process, not an event. In PA-A, we share our experience, strength and hope with each other to help one another come to terms with and change how we deal with life. Some of the tools we use to build and sustain recovery include:

- **Steps** - The Twelve Steps of the PA-A program of recovery is the "main tool" we use to establish a foundation for recovering ourselves.
- **Sponsorship** - Sponsors can provide the insight and inspiration needed to successfully work the Twelve Steps of the PA-A program of recovery.
- **Meetings** - Go to them! It helps to be in fellowship.
- **Service** - As we recover, and work to maintain recovery, we continue to build and develop more perspective, peace, and power to address our own life challenges. We grow stronger and more resilient in our own recovery through our efforts to help others gain traction in recovery.
- **Reading Literature** - Read PA-A literature. Paths to Recovery is our primary source as of now.
- **Writing/Journaling** - Writing out emotions helps us get some distance, perspective, and clarity.
- **Telephone** - Calling people helps us build relationships and stay accountable to our recovery!