

## The Laundry List – 14 Traits of an Adult Child of an Alcoholic

1. We became isolated and afraid of people and authority figures.
2. We became approval seekers and lost our identity in the process.
3. We are frightened of angry people and any personal criticism.
4. We either became alcoholics, marry them or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs.
5. We live life from the viewpoint of victims and we are attracted by that weakness in our love and friendship relationships.
6. We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us not to look too closely at our own faults, etc.
7. We get guilt feelings when we stand up for ourselves instead of giving in to others.
8. We became addicted to excitement.
9. We confuse love and pity and tend to "love" people we can "pity" and "rescue."
10. We have "stuffed" our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (Denial).
11. We judge ourselves harshly and have a very low sense of self-esteem.
12. We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us.
13. Alcoholism is a family disease; and we became para-alcoholics and took on the characteristics of that disease even though we did not pick up the drink.
14. Para-alcoholics are reactors rather than actors.

Become involved and represent your group at the next IR MTG 12-4-19!

## Names and Numbers

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### Where and When Information:

If you have updates for this list, please send complete information to:  
Wherewhen@greaterstlaca.org  
Please add "Meeting Info Update" in subject line.

### For Literature Orders or Inquiries:

Please TEXT Kristen M. at: 314-398-2348

Greater STL Area Website:

<https://www.GreaterStlACA.org>

# Adult Children of Alcoholics and Dysfunctional Families



## St. Louis Metro Meeting Directory

[www.adultchildren.org](http://www.adultchildren.org)

[www.GreaterStlACA.org](http://www.GreaterStlACA.org)

## **Illinois Meetings:**

**Tuesday:** 7:30 p.m. to 8:45 p.m.  
Big Red Book Study and Discussion  
St. Johns Methodist Church  
7372 Marine Rd. (Rte. 143)  
Edwardsville, IL 62025  
(Across from the Moose Lodge).

## **St. Louis Meetings:**

**Monday:** 6:00 p.m. **Men Only Mtg.**

Big Red Book Study and Discussion  
PNC BANK, A Pioneer Place  
Rear Door Suite 305  
333 S. Kirkwood Road  
St. Louis, MO 63122

**Monday:** 6:30 p.m.

Open--12 Step/Book Study/Speaker  
Steps Alano Club  
3974 Humphrey St. (Tower Grove Area)  
St. Louis, MO 63116

**Tuesday:** 6:30p.m. to 7:30 p.m.

Open Red Book Study--4th Tuesday Speaker  
Christ Memorial Lutheran Church  
5252 So. Lindbergh Blvd.  
St. Louis, MO 63126

**Tuesday:** 7:00 p.m. to 8:00 p.m.

ACA Yellow Workbook Study  
Grace Episcopal Church  
514 E. Argonne Dr.  
Kirkwood, MO 63122

**Tuesday:** 7:00 p.m. to 8:00 p.m.

ACA Yellow Workbook Study  
Recovery St. Louis  
8029Clayton Rd. .  
St. Louis, MO 63117

**Wednesday:** 6:00 p.m. to 7:00 p.m.

Adult Children of Alcoholics Open Red Book  
Addiction Recovery Community Help  
508 Jefferson St.  
St. Charles, MO 63301

**Wednesday:** 6:30 p.m. to 7:45 p.m.

Big Red Book Study, Speaker 1<sup>st</sup> Wednesday  
Steps Alano Club  
3974 Humphrey St. (Tower Grove Area)  
St. Louis, MO 63116

**Thursday:** 7:00 p.m. to 8:00 p.m.

Big Red Book Study and Discussion  
The Lindell Club (Upstairs in the BIG Rm)  
4522 Lindell Blvd.  
St. Louis, MO 63108

**Friday:** 1:00 p.m. to 2:00 p.m. **Women Only**

Open Rotating ACA Topic  
Manchester United Methodist Church  
129 Woods Mill Rd. (Room #219)  
Manchester, MO 63015

**Friday:** 7:00 p.m. to 8:15 p.m.

ACA Yellow Workbook Study  
Unity Church Basement  
33 N. Skinker Ave. at Forsythe Ave.  
St. Louis, MO 63105

**Saturday:** 9:15 a.m. to 10:30 a.m.

Big Red Book Study and Discussion  
Unity Church Basement  
33 N. Skinker Ave. at Forsythe Ave.  
St. Louis, MO 63105

**Saturday:** 9:30 a.m. to 10:30 a.m. **Women Only**

Big Red Book Study and Discussion  
PNC BANK, A Pioneer Place  
Rear Door Suite 305  
333 S. Kirkwood Road  
St. Louis, MO 63122

**Saturday:** 9:30 a.m.

Big Red Book Study and Discussion  
Speaker Last Sat of each month  
The Welcome House  
501 S. 5th St. (Tompkins & So. 5<sup>th</sup>St)  
St. Charles, MO 63301

**Sunday:** 9:00 a.m. to 10:00 a.m.

Open ACA 11<sup>th</sup> Step Meditation Meeting  
PNC BANK, 3<sup>rd</sup> Floor  
333 S. Kirkwood Road **Use rear door**  
St. Louis, MO 63122

**Sunday:** 6:30 p.m. to 7:30 p.m. **New Location**

ACA Yellow Workbook Study  
Community Christ Church  
830 N Kirkwood Rd  
St. Louis, MO 63122

## **High Ridge & Union Area Meetings:**

**Monday:** 5:30p.m. 6:45p.m.

Big Red Book  
Comtrea Community Treatment Center  
1817 Gravois Rd.  
High Ridge, MO 63049

**Wednesday:** 11:00 a.m.

Open—Yellow Book Study  
Zion Church of Christ  
115 So. Washington St.  
Union, MO 63084

**Friday:** 11:00 a.m.

Open— Red Book Study  
Zion Church of Christ  
115 So. Washington St.  
Union, MO 63084

**Sunday:** 6:00 p.m.

Open— Flexible Format  
Zion Church of Christ  
115 So. Washington St.  
Union, MO 63084

**St. Louis and So. IL  
Intergroup Meetings are held  
the first Wednesday of March,  
June, September, and  
December at:**

**Steps Alano Club  
3974 Humphrey St.  
St. Louis, Missouri 63116  
(Tower Grove Area)**

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group at the next IR MTG 12-4-19!**

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