

## **Behavior Goals for ACA Business Meetings (April 2019)**

ACA business meetings often present challenging recovery opportunities. Many of us grew up in families where our opinions were not solicited or heard and parents had dictatorial powers. Our parents did not model how to listen and communicate constructively when there is misunderstanding or difference of opinion. Meeting participants have varying degrees of background knowledge on the topics discussed. Every one of us is a worthy but fallible individual with imperfect memory capability.

### **Let each of us have the intention to:**

1. Treat ourselves and others with gentleness, humor, love and respect as we would like our inner loving parent to treat our inner child.
2. Come to the meeting with an open heart and open mind.
3. Assume that all participants mean well and are doing the best they can.
4. Remember that we are all imperfect and that we are here to work together to come to consensus on actions going forward, to strengthen our recovery.
5. Assume the meeting will not be perfect. There will be moments when individuals misunderstand each other or disagree. We sit with this, respectfully and patiently seeking mutual understanding.
6. Engage in active listening, remaining open to hearing and entertaining new ideas.
7. Leave our critical parents at the door.
8. Do our best to avoid shaming behaviors we may have learned from our dysfunctional families, such as criticizing, interrupting, using an impatient tone.
9. If we slip into non-constructive behavior, apologize as soon as we realize it.