

## *Youth 12-Step Recovery Ministries*

### **REGEN-TEEN PREAMBLE:**

Regen-teen is a Christ-centered 12-Step recovery program, a fellowship of young people whose lives have been affected by an addiction in a family member or loved one.

We help each other by sharing our experience, strength, and hope in weekly meetings, retreats, and conferences.

The primary purpose of Regen-teen is to provide a safe, quiet and supportive atmosphere so that teens may express themselves and what they are feeling.

We use Bible scriptures, 12-Steps, and slogans adapted from AA as character-building resources.

Many of us come from homes where our feelings, wants and desires were not important. Some of us have taken on the feelings, attitudes and behaviors of others. Maybe it is difficult for us to express ourselves at first. In God's time, even the most withdrawn teenage may begin to share. Our group acts as mirror of validation. We can begin to trust and feel safe. Young people like everyone else want to be heard. Acceptance of other's sharing is an expression of love and emotional support. Silence is a powerful gesture of support and acceptance.

A parent grandparent, close relative or friend in the cycle of an "out of control" spiral.

The way parents act and how they treat each other and their children has an influence on the children growing up in the home.

There can be challenges for us to develop healthy relationships to God, with self, and others.

*A Sequence to Change, Inc.*

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301-890-3979

*What about the children...possible challenges?*

- ✦ mood disorders
- ✦ learning challenges
- ✦ child abuse and neglect,
- ✦ abandonment issues

Codependency related to people places or things  
Chronic progress and fatal without recognition and intervention  
Unfortunately, without help, high probability as other wounded adults:

- ✦ jails
- ✦ institutions
- ✦ death

*The risk is higher for us but it does not have to happen... therefore we believe:  
We can become willing, get help, get better and change!*

**THE SEVEN "C's"**

I didn't CAUSE it

I can't CURE it

I can't CONTROL it

I can take CARE of myself

I can COMMUNICATE my feelings

I can make healthy CHOICES

I can CELEBRATE life!

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## THE TWELVE STEPS FOR CHILDREN

(composed by Ephesians Life Ministries)

1. I can't – I am powerless over alcohol, drugs, other people's behavior and all of my personal challenges. Phillipians 2:13 I can all things thru Christ ... We are more than conquerors
2. You can – God. You can help. I am not alone. Isaiah 41:10
3. Please, do – I have made a decision to let God and my friend, Jesus, help me.
4. I talk, write, and draw pictures about the things I like and don't like about myself.
5. I share my feelings and thoughts with God and someone I trust.
6. I am ready to become a healthier person.
7. I ask God to help me become more like Him.
8. I become aware of the people I hurt. I am willing to say, "I am sorry."
9. I ask people to forgive me when I hurt them. I ask God to forgive me, too.
10. I look at myself everyday to see the things I think and do. When I am wrong, I say so.
11. I ask God, "What do You want me to do?" I listen for His answers, His directions, and seek His power to do His will.
12. I believe in God and His love for me. I try to show His love in my actions all the time

## COMPARISON OF THE TWELVE STEPS:

	The Twelve Steps (Adapted from Alcoholics Anonymous)	The Twelve Steps for Children (Adapted by Ephesians Life Ministry, Inc.)
1	We admitted that we were powerless over our addictions, that our lives had become unmanageable	I can't – I am powerless over alcohol, drugs and other people's behavior
2	We came to believe that a Power greater than ourselves could restore us to sanity	You can – God, you can help. I am not alone. Jesus is my Highest Power.
3	We made a decision to turn our will and our lives over to the care of God as we understood Him	Please, do – I have made a decision to let God and my friend Jesus, help me. I turn over my feelings, thoughts, ideas, plans and actions.
4	We made a searching and fearless moral inventory of ourselves	I talk, write, and draw pictures about the things I like and don't like about myself, my resentments, fears and harms. How am I being selfish, inconsiderate, fearful?
5	We admitted to God, to ourselves and to another human being the exact nature of our wrongs.	I share my feelings and thoughts with God and someone I trust. Share my inventory with God in prayer, my sponsor, counselor, significant person
6	We were entirely ready to have God remove all these defects of character	I am ready to become a healthier person. Use the self-will/ God's will personality traits tool chart



# I AFFIRM THAT:

Just for today I will respect my own and other's boundaries.

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Just for today I am vulnerable with someone I trust.

Just for today I will take one compliment and hold it in my heart for more than just a fleeting moment. I will let it nurture me.

Just for today I will act in a way that I would admire in someone else.

I am a child of God.

I am a precious person.

I am a worthwhile person.

I am beautiful inside and outside.

I love myself unconditionally.

I have ample leisure time without feeling guilty.

I deserve to be loved by myself and by others.

I am loved because I deserve love.

I am a child of God and I deserve love, peace, prosperity and serenity.

I forgive myself for hurting myself and others.

I forgive myself for letting others hurt me.

I forgive myself for accepting sex when I wanted love.

I am willing to accept love.

I am not alone, I am one with God and the universe.

I am whole and good.

I am capable of changing.

I am enough.

The pain that I feel by remembering can't be any worse than the pain I feel by knowing and not remembering.

# DAILY CHECKLIST OF MYSELF



Step Ten: "Continued to take personal inventory and when we were wrong promptly admitted it."

Just For Today I will take my own inventory.

	(Days of the week)						
	S	M	T	W	T	F	S
Did I lose my temper? <i>"God grant me the serenity"</i>							
Was I self-centered today? <i>"Steps Six, Seven, Eight and Nine"</i>							
Did I put others down? <i>"Acceptance of others"</i>							
Did I ask for the help I need from my Higher Power? <i>"Let Go and Let God"</i>							
When I was wrong, did I promptly admit it? <i>"Courage to change the things I can"</i>							
Did I worry or over react? <i>"Let Go and Let God"</i>							
Did I criticize others? <i>"Live and Let Live"</i>							
Am I disrespectful and did I talk back? <i>"God grant me wisdom..."</i>							
Did I forget that _____ is a family disease which can cause unpredictable behavior? <i>"God grant me wisdom to know the difference; Step One"</i>							
Did I indulge in self-pity? <i>"Everyone has problems, together we can make it; Meetings help"</i>							
Did I blame anyone else for my actions today? <i>"How Important Is It?"</i>							
Did I work on any of my defects today? <i>"Courage to change the things I can"</i>							
Was I resentful today? <i>"Third Step; Keep It Simple"</i>							

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# HOW AM I DOING?

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With the following:

What program tools are helping me change?

Temper

Resentment

Fear

Criticizing others

Blaming others

Self-pity

Procrastination

Worry

Forgiveness

Talking back

Admitting when I'm wrong

Selfishness

Name calling

Asking God for help

Working on one thing at a time

Understanding that alcoholism  
is a disease

OTHER THINGS THAT I'M WORKING ON CHANGING:

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# TRY 'EMS FOR CoDA-TEENS

*Your life in recovery may be improved if you try. . .*

- remembering you are not the only one who is having problems with relationships.
- looking for help in CoDA-Teen, Co-Dependents Anonymous, and other related Twelve Step programs.
- learning all you can about codependence, a family disease.
- being honest with ourself and others.
- using your talents in ways that interest YOU.
- developing a confident attitude about yourself.
- remembering that not only you, but all the members of your family, are emotionally involved with the disease of codependence.
- finding someone other than a relative to confide in.
- learning to forgive yourself and others. You only hurt yourself by holding grudges.
- keeping your trust in your Higher Power.
- taking your own inventory and admitting your faults to your Higher Power, yourself and another person.
- passing on your knowledge of CoDA-Teen to others.
- allowing yourself and others a full range of feelings: anger, sadness, pain, joy, guilt, shame, fear and loneliness.
- taking responsibility for your own actions and attitudes.



These seven executive functions develop over time, in generally chronological order. Self-awareness starts to develop around age 2, and by age 30, planning and problem solving should be fully developed in a neuro-typical person.

Those with ADHD are generally about 30 to 40 percent behind their peers in transitioning from one executive function to the next. Therefore, it makes sense for children and adults with ADHD to have trouble dealing with age-appropriate situations — they're thinking and acting in ways that are like much younger people.

**Executive functions are critical in managing everyday life and long-term goals:**

1. **Self-awareness:** Commanding self-directed attention.
2. **Self-restraint:** Inhibiting yourself.
3. **Non-Verbal Working Memory:** Holding things in your mind to guide behavior.
4. **Verbal Working Memory:** Retaining internal speech. Most people think of this as their "inner monologue."
5. **Emotional Self-Regulation:** Using words and images along with self-awareness to process and alter how we feel about things.
6. **Self-motivation:** How well you can motivate yourself to complete a task when there is no immediate external consequence.
7. **Planning and Problem Solving:** Finding new approaches and solutions.

People with executive function disorder (EFD) often experience time blindness, or an inability to plan for and keep in mind future events that aren't in the near-term. They also have difficulty stringing together actions to meet long-term goals. This is not an attention

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Kathleen G. Nadeau, Ph.D., Director

# **Children Learn What They Live**

**By Dorothy Law Nolte, Ph.D.**

If children live with criticism, they learn to condemn.  
If children live with hostility, they learn to fight.  
If children live with fear, they learn to be apprehensive.  
If children live with pity, they learn to feel sorry for themselves.  
If children live with ridicule, they learn to feel shy.  
If children live with jealousy, they learn to feel envy.  
If children live with shame, they learn to feel guilty.  
If children live with encouragement, they learn confidence.  
If children live with tolerance, they learn patience.  
If children live with praise, they learn appreciation.  
If children live with acceptance, they learn to love.  
If children live with approval, they learn to like themselves.  
If children live with recognition, they learn it is good to have a goal.  
If children live with sharing, they learn generosity.  
If children live with honesty, they learn truthfulness.  
If children live with fairness, they learn justice.  
If children live with kindness and consideration, they learn respect.  
If children live with security, they learn to have faith in themselves and in those about them.  
If children live with friendliness, they learn the world is a nice place in which to live.

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# **If I had My Child to Raise Over Again**

“If I had my child to raise all over again,  
I’d build self-esteem first, and the house later.  
I’d finger-paint more, and point the finger less.  
I would do less correcting, and more connecting.  
I’d take my eyes off my watch, and watch with my eyes.  
I would care to know less, and know to care more.  
I’d take more hikes and fly more kites.  
I’d stop playing serious, and seriously play.  
I would run through more fields and gaze at more stars.  
I’d do more hugging, and less tugging.  
I’d see the oak tree in the acorn more often.  
I would be firm less often, and affirm much more.  
I’d model less about the love of power,  
And more about the power of love.”

Diane Loomans  
Reproduced from Chicken Soup for the Soul