

### What is the Difference Between Service Work And Being a People-Pleaser?

Service work comes from an attitude of giving back to ACA what was given to us. We want to help ourselves and others. People-pleasing comes with manipulation with some predetermined goal in mind. When we people-please, we usually are trying to manipulate outcomes or attitudes for our own self-interest.

### What is the Thirteenth Step?

Some people attending ACA meetings have not grown beyond their victim or victimizer roles. They may attempt to meet their own needs by manipulating newcomers to ACA. This is known as the "13th Step" in most Twelve Step programs. When this happens, it can violate the safety of the meeting and drive away group members. An experienced ACA member should never take financial, emotional, or sexual advantage of anyone, including a new person in ACA/Alanon.

The love and respect we offer to newcomers is a reflection of the love and respect we are learning to offer ourselves.

If ~~we~~<sup>they</sup> are struggling with this area of ~~our~~<sup>their</sup> lives, ~~we~~<sup>they</sup> are usually not willing or ready to surrender acting-out behavior. ~~We~~<sup>They</sup> may not know how. ~~We~~<sup>we</sup> may have tried and failed. Some of us are not sure how to face the internal pain and self-hate that drives ~~our~~<sup>their</sup> selfish behavior. Perpetrator or manipulative behavior is almost always driven by ~~our~~<sup>their</sup> avoidance to face ~~our~~<sup>their</sup> abuse and neglect from childhood. This is not an excuse for adult behavior that harms others and ~~us~~<sup>we</sup>. The perpetrator must be held accountable, but many perpetrators do not link past abuse with their acting-out behavior. If this is ~~our~~<sup>their</sup> situation as a 13th Stepper, ~~we~~<sup>they</sup> ask a Higher Power for the willingness to seek extra help and to get honest about the effects of our childhood experiences. ~~We~~<sup>we</sup> also must get honest about ~~our~~<sup>their</sup> behavior and its harmful effect on others. ~~We~~<sup>we</sup> cannot use ~~our~~<sup>my</sup> childhood abuse as an excuse to perpetrate against ~~others~~<sup>me</sup>. No matter what ~~we~~<sup>we</sup> have done, ~~we~~<sup>we</sup> can still work ~~our~~<sup>their</sup> program with the knowledge

being a <sup>Victim</sup> ~~we~~<sup>we</sup> have done <sup>my</sup> ~~we~~<sup>we</sup> can still work <sup>their</sup> ~~our~~<sup>their</sup> program with the knowledge <sup>349</sup> being a rape is not my fault. I don't deserve abuse.

I didn't deserve this.