

RCA Membership

The only requirement for RCA membership is a desire to remain in a committed relationship.

Ultimately, we feel it is important for both members of a couple to be involved in individual recovery, or other spiritual work, for real progress to be made in the coupleship. It is not, however, a requirement to get started in couple recovery. RCA is a safe place to begin that healing process, and it offers support for continued individual work. We refuse no couple who wishes to recover.

Each partner needs to take responsibility for the dysfunction of the coupleship. We do not seek to blame our partners. Our partners may have chosen to medicate the pain of their loneliness with various addictions. We do not seek to take responsibility for these behaviors. As two people, however, we both bring family-of-origin messages, abuse experiences, expectations, abilities, and individual coping mechanisms (including addictions) into the relationship. We must take responsibility for these behaviors and learn new ways to deal with them.

Many of us had discovered that we expected our partners to solve our own family-of-origin or other individual issues. We were often angry with our partners because they didn't resolve feelings that actually belonged to us individually. Unless our individual recoveries are strong, and we can take ownership of our "baggage," couple recovery will be difficult. In many ways, *couple* Twelve-Step work depends on and accompanies *individual* Twelve-Step work.

Recovering Couples Anonymous: A Twelve-Step Program for Couples (4th edition 2011, at p. 10).

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