

# Co-Dependents Anonymous (CoDA)

## Online Meeting

### Newcomer Welcome Packet

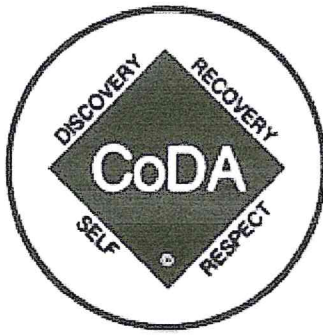
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12. Opening Prayer
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**Should you have any questions, please contact:**

[Ty@bridgethegapministries.com](mailto:Ty@bridgethegapministries.com) or 772-626-6495

Or

[Kim@bridgethegapministries.com](mailto:Kim@bridgethegapministries.com)



## **Co-Dependents Anonymous (CoDA) Online Meeting Information:**

Co-Dependents Anonymous (CoDA) is a Twelve Step Fellowship of men and women whose common purpose is recovery from codependence and the development and maintenance of healthy relationships.

For information about CoDA, please visit: [www.coda.org](http://www.coda.org)

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### **The CoDA Online Live Meeting meets:**

**Day: Tuesday**

**Time: 6:45 PM to 7:45 PM**

### **Log In Information As Follows:**

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/6990460002>

Or iPhone one-tap (US Toll): +14086380968,6990460002# or +16465588656,6990460002#

Or Telephone:

Dial: +1 408 638 0968 (US Toll) or +1 646 558 8656 (US Toll)

Meeting ID: 699 046 0002

International numbers

available: <https://zoom.us/join?j=6990460002&pwd=6990460002>

### **For further information:**

Please contact:

Ty / Phone 772-626-6495

Email [Ty@bridgethegapministries.com](mailto:Ty@bridgethegapministries.com),

Or

Email [Kim@bridgethegapministries.com](mailto:Kim@bridgethegapministries.com),

CoDA is a non-profit organization.



## THE TWELVE STEPS OF CO-DEPENDENTS ANONYMOUS\*

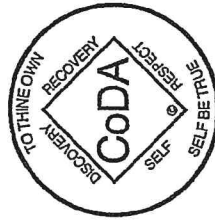
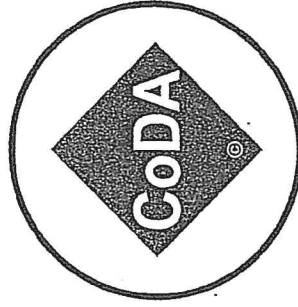
1. We admitted we were powerless over others, that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependents and to practice these principles in all our affairs.

\*The Twelve Steps & Twelve Traditions are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean that A.A. has reviewed or approved the contents of this publication nor that A.A. agrees with the views expressed herein. A.A. is a program of recovery from alcoholism only — use of the Twelve Steps in connection with programs and activities which are patterned after A.A., but which address other problems, does not imply otherwise.

## THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
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12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

# WHAT is



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Co-Dependents Anonymous, Inc.

P.O. Box 33577

Phoenix, AZ 85067-3577 U.S.A.

602-277-7991

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

## An Introduction to Co-Dependents Anonymous

For additional copies of this pamphlet, contact:

CoRe Publications, P.O. Box 670861

Dallas, TX 75367-0861 U.S.A.

Tel. 214-340-1777

Fax: 214-340-6066

# CoDA

## IS...

**Co-Dependents Anonymous** is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery—learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.

We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA, we each learn to build a bridge to a Higher Power of our own understanding and we allow others the same privilege.

This renewal process is a gift of healing for us. By actively working the program of Co-Dependents Anonymous, we can each realize a new joy, acceptance, and serenity in our lives.

### What is Codependence?

Many of us struggle with the questions: What is codependence? Am I codependent? We want precise definitions and diagnostic criteria before we will decide. As stated in our Eighth Tradition, Co-Dependents Anonymous is a non professional Fellowship. We offer no definition or diagnostic criteria for codependence. What we do offer from our experiences are characteristic attitudes and behaviors that describe what our codependent histories have been like. We believe that recovery begins with an honest self-diagnosis. We came to accept our inability to maintain healthy and nurturing relationships with others and ourselves. We began to recognize that the cause lay in long-standing destructive patterns of living.

### Patterns & Characteristics

These patterns and characteristics are offered as a tool to aid in self-evaluation. They may be particularly helpful to newcomers. . .

## RECOGNIZING CODEPENDENT PATTERNS

### Denial Patterns:

- Codependents...*
- have difficulty identifying their feelings.
  - minimize, alter, or deny their feelings.
  - perceive themselves as being completely unselfish and dedicated to the well-being of others.

### Low Self-Esteem Patterns: *Codependents...*

- have difficulty making decisions.
- judge their thoughts, words and actions harshly, as never being good enough.
- are embarrassed to receive recognition, praise or gifts.
- are unable to ask others to meet their needs or wants.
- value other people's approval of their thoughts, feelings and behaviors over self-approval.

### Compliance Patterns:

- Codependents...*
- compromise their values and integrity to avoid rejection and other people's anger.
  - are very sensitive to others' feelings and assume the same feelings.
  - are extremely loyal, remaining in harmful situations too long.
  - place a higher value on others' opinions and feelings and are afraid to express differing viewpoints or feelings.
  - put aside personal interests and hobbies to do what others want.
  - accept sex as a substitute for love.

### Control Patterns:

- Codependents...*
- believe most others are incapable of caring for themselves.
  - attempt to convince others what they should think or feel.
  - become resentful when others refuse their offers of help.
  - freely offer advice and guidance without being asked.
  - lavish gifts and favors on those they care about.
  - use sex to gain approval and acceptance.
  - have to be needed in order to have a relationship with others.

# The Welcome of Co-Dependents Anonymous

We welcome you to Co-Dependents Anonymous, a program of recovery from codependence, where each of us may share our experience, strength, and hope in our efforts to find freedom where there has been bondage and peace where there has been turmoil in our relationships with others and ourselves. Most of us have been searching for ways to overcome the dilemmas of the conflicts in our relationships and our childhoods. Many of us were raised in families where addictions existed - some of us were not. In either case, we have found in each of our lives that codependence is a most deeply rooted compulsive behavior and that it is born out of our sometimes moderately, sometimes extremely dysfunctional family systems. We have each experienced in our own ways the painful trauma of the emptiness of our childhood and relationships throughout our lives.

We attempted to use others - our mates, friends, and even our children, as our sole source of identity, value and well being, and as a way of trying to restore within us the emotional losses from our childhoods. Our histories may include other powerful addictions which at times we have used to cope with our codependence.

We have all learned to survive life, but in CoDA we are learning to live life. Through applying the Twelve Steps and principles found in CoDA to our daily life and relationships both present and past - we can experience a new freedom from our self defeating lifestyles. It is an individual growth process. Each of us is growing at our own pace and will continue to do so as we remain open to God's will for us on a daily basis. Our sharing is our way of identification and helps us to free the emotional bonds of our past and the compulsive control of our present.

No matter how traumatic your past or despairing your present may seem, there is hope for a new day in the program of Co-Dependents Anonymous. No longer do you need to rely on others as a power greater than yourself. May you instead find here a new strength within to be that which God intended - Precious and Free.

# The Preamble of Co-Dependents Anonymous

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery - learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors. We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege. This renewal process is a gift of healing for us. By actively working the program of Co-Dependents Anonymous, we can each realize a new joy, acceptance and serenity in our lives.

# The Twelve Steps of Co-Dependents Anonymous

1. We admitted we were powerless over others - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.

# The Twelve Traditions of Co-Dependents Anonymous

1. Our common welfare should come first; personal recovery depends upon CoDA unity.
2. For our group purpose there is but one ultimate authority -- a loving higher power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in CoDA is a desire for healthy and loving relationships.
4. Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.
5. Each group has but one primary purpose -- to carry its message to other codependents who still suffer.
6. A CoDA group ought never endorse, finance, or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim.
7. A CoDA group ought to be fully self-supporting, declining outside contributions.
8. Co-Dependents Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.



# The Twelve Promises of Co-Dependents Anonymous

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions...

1. I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible to mend - to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust the guidance I receive from my higher power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.

## Patterns and Characteristics of Codependence

These patterns and characteristics are offered as a tool to aid in self-evaluation. They may be particularly helpful to newcomers.

### **Denial Patterns:**

I have difficulty identifying what I am feeling.  
I minimize, alter, or deny how I truly feel.  
I perceive myself as completely unselfish and dedicated to the well-being of others.  
I lack empathy for the feelings and needs of others.  
I label others with my negative traits.  
I can take care of myself without any help from others.  
I mask my pain in various ways such as anger, humor, or isolation.  
I express negativity or aggression in indirect and passive ways.  
I do not recognize the unavailability of those people to whom I am attracted.

### **Low Self Esteem Patterns:**

I have difficulty making decisions.  
I judge what I think, say, or do harshly, as never good enough.  
I am embarrassed to receive recognition, praise, or gifts.  
I value others' approval of my thinking, feelings, and behavior over my own.  
I do not perceive myself as a lovable or worthwhile person.  
I constantly seek recognition that I think I deserve.  
I have difficulty admitting that I made a mistake.  
I need to appear to be right in the eyes of others and will even lie to look good.  
I am unable to ask others to meet my needs or desires.  
I perceive myself as superior to others.  
I look to others to provide my sense of safety.  
I have difficulty getting started, meeting deadlines, and completing projects.  
I have trouble setting healthy priorities.

### **Compliance Patterns:**

I am extremely loyal, remaining in harmful situations too long.  
I compromise my own values and integrity to avoid rejection or anger.  
I put aside my own interests in order to do what others want.  
I am hyper vigilant regarding the feelings of others and take on those feelings.  
I am afraid to express my beliefs, opinions, and feelings when they differ from those of others.

I accept sexual attention when I want love.

I make decisions without regard to the consequences.

I give up my truth to gain the approval of others or to avoid change.

**Control Patterns:**

I believe most people are incapable of taking care of themselves.

I attempt to convince others what to think, do, or feel.

I freely offer advice and direction to others without being asked.

I become resentful when others decline my help or reject my advice.

I lavish gifts and favors on those I want to influence.

I use sexual attention to gain approval and acceptance.

I have to be needed in order to have a relationship with others.

I demand that my needs be met by others.

I use charm and charisma to convince others of my capacity to be caring and compassionate.

I use blame and shame to emotionally exploit others.

I refuse to cooperate, compromise, or negotiate.

I adopt an attitude of indifference, helplessness, authority, or rage to manipulate outcomes.

I use terms of recovery in an attempt to control the behavior of others.

I pretend to agree with others to get what I want.

**Avoidance Patterns:**

I act in ways that invite others to reject, shame, or express anger toward me.

I judge harshly what others think, say, or do.

I avoid emotional, physical, or sexual intimacy as a means of maintaining distance.

I allow my addictions to people, places, and things to distract me from achieving intimacy in relationships.

I use indirect and evasive communication to avoid conflict or confrontation.

I diminish my capacity to have healthy relationships by declining to use all the tools of recovery.

I suppress my feelings or needs to avoid feeling vulnerable.

I pull people toward me, but when they get close, I push them away.

I refuse to give up my self-will to avoid surrendering to a power that is greater than myself.

I believe displays of emotion are a sign of weakness.

I withhold expressions of appreciation.

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## Recovery Patterns of Codependence<sup>®</sup>

Denial Patterns:	Codependence	Recovery
	I have difficulty identifying what I am feeling.	I am aware of my feelings and identify them, often in the moment.
	I minimize, alter, or deny how I truly feel.	I embrace my feelings as being valid and important. I am truthful with myself.
	I perceive myself as being completely unselfish and dedicated to the well-being of others.	I keep the focus on my own well-being. I know the difference between caring and caretaking.

### Low self-esteem Patterns:

Codependence	Recovery
I have difficulty making decisions.	I trust my ability to make effective decisions.
I judge everything I think, say, or do harshly, as never “good enough.”	I accept myself as I am. I emphasize progress over perfection.
I am embarrassed to receive recognition, praise, or gifts.	I feel appropriately worthy of the recognition, praise, or gifts I receive
I do not ask others to meet my needs or desires.	I meet my own needs and wants when possible. I reach out for help when it’s necessary and appropriate.
I value others’ approval of my thinking, feelings, and behavior over my own.	I have confidence in myself. I no longer seek others’ approval of my thoughts, feelings, and behavior.
I do not perceive myself as a lovable or worthwhile person.	I recognize myself as being a lovable and valuable person.

### Compliance Patterns:

Codependence	Recovery
I compromise my own values and integrity to avoid rejection or others’ anger.	I am rooted in my own values, even if others don’t agree or become angry.
I am very sensitive to how others are feeling and feel the same.	I can separate my feelings from the feelings of others.
I am extremely loyal, remaining in harmful situations too long.	I am committed to my safety and recovery work. I leave situations that feel unsafe or are inconsistent with my goals.
I value others’ opinions and feelings more than my own and am afraid to express differing opinions and feelings of my own.	I respect my own opinions and feelings and express them appropriately.
I put aside my own interests and hobbies in order to do what others want.	I consider my own interests first when asked to participate in another’s plans.
I accept sex when I want love.	My sexuality is grounded in genuine intimacy and connection. I know the difference between lust and love.

Control Patterns:	Codependence	Recovery
	I believe most other people are incapable of taking care of themselves.	I realize that, with rare exceptions, other adults are capable of managing their own lives. My job is to let them.
	I attempt to convince others of what they “should” think and how they “truly” feel.	I accept and value the differing thoughts, feelings, and opinions of others.
	I become resentful when others will not let me help them.	I feel comfortable when I see others take care of themselves.
	I freely offer others advice and directions without being asked.	I am a compassionate and empathic listener, giving advice only if directly asked.
	I lavish gifts and favors on those I care about.	I carefully and honestly contemplate my motivations when preparing to give a gift.
	I use sex to gain approval and acceptance.	I feel loved and accepted for myself, just the way I am.
	I have to be “needed” in order to have a relationship with others.	I develop relationships with others based on equality, intimacy, and balance.

# CoDA Online Meeting

## CoDA Crosstalk Guidelines

In our Meetings, we speak about our own experience, and we listen without comment to what others share. We work toward taking responsibility for our own lives, rather than giving advice to others. This is why crosstalk is strongly discouraged during our Meetings. Crosstalk guidelines help keep our meetings a safe place. For more information, please refer to the Newcomer's Handbook.

Examples of Crosstalk may include, but are not limited to:

Giving unsolicited feedback

Advising

Answering

Making "you" and "we" statements

Interrogating

Debating

Criticizing

Controlling

Dominating

Minimizing another person's feelings or experiences

Body movements such as nodding one's head or other gestures

Verbal sounds / noises

Referring to someone present by name

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### **The Serenity Prayer**

God, grant me the Serenity  
to accept the things I cannot change;  
Courage to change the things I can;  
and Wisdom to know the difference

### **The CoDA Opening Prayer**

In the spirit of love and truth, we ask our Higher Power  
to guide us as we share our experience, strength and hope.  
We open our hearts to the light of wisdom,  
the warmth of love, and the joy of acceptance.

### **The CoDA Closing Prayer**

We thank our Higher Power,  
for all that we have received from this meeting.  
As we close, may we take with us  
the wisdom, love, acceptance, and hope of recovery.

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