

CODA SERVICE ASPIRATIONS

Please witness that as I do service work as a member CoDA, I _____ seek the following attitudes, behaviours and results, with your support and that of all others I share with in CoDA meetings.

1. I enter service to advance my recovery and growth, grateful for my current strengths and compassionate with my limitations.
2. I see effective and collaborative work for the Fellowship to be my path to growth.
3. I will exert myself according to my best judgements of self-care and without any reference to the exertions of others.
4. I will remember I must constantly earn the trust of others for them to know I am trustworthy.
5. I will support my fellow service workers wherever they are on their particular growth journeys.
6. I will accept and acknowledge my failures without self-blaming, since they result from where I am on my growth journey.
7. I will maintain focus on the work and recognize personal criticisms as resulting from where the other person is on his/her particular growth journey.
8. I will vigorously seek, for myself especially, clear, reasonable definitions of service roles including the boundaries of those roles.
9. I will take initiatives and apply my best efforts, but modulated to the level of engagement by associates in the tasks we share.
10. I will cooperate with my best efforts when others take initiatives.
11. I will express my discomfort with actions by others with as much respect and clarity as I am capable of.
12. I will support group health by seeking equal participation by all members.
13. I will remember CoDA unity in all my service work.
14. I will strive my best to inform Group Conscience decisions.
15. I will see Group Conscience decisions as higher guidance than my own opinions about the Fellowship.
16. I will advocate strongly for the good of the Fellowship from within the boundaries of my service position.
17. I will risk upsetting others by my passion for the good of the Fellowship if the matter is conscientiously considered or, even better, after consultation with sponsor and/or other members.
18. My hope is to do service with enthusiastic effectiveness, great enjoyment, appreciation of others and benefits for the Fellowship.