

## CoDA LITERATURE BLURBS

### **CoDA Meeting Handbook**

CoDA program information & general information to start a CoDA meeting.

### **CoDA Fellowship Service Manual**

Guidelines for all levels of service from the home group to CoDA Service Conference.

### **Pamphlets**

What is CoDA? An introduction to Co-Dependents Anonymous. Features a basic list of characteristics for self-evaluation. (Pamphlet)

### **Welcome to CoDA**

Includes the CoDA Welcome and the Twelve Steps. Perfect for the newcomer. (Pamphlet)

### **Am I Codependent?**

Lists patterns of codependency. (Pamphlet)

### **Attending Meetings**

Explains how CoDA meetings work and how to participate. (Pamphlet)

### **Sponsorship in CoDA**

An overview of the principles of sponsorship. (Pamphlet)

### **Communication & Recovery**

A look at old patterns of communication & how healthier communication can be learned. (Pamphlet)

### **Establishing Boundaries in Recovery**

What are boundaries? This pamphlet explores different types of boundaries and offers guidance for establishing and maintaining them in a healthy way.

### **Booklets and Handbooks**

#### **Tools for Recovery**

Members share experience, strength & hope with different tools useful in their recovery. (Booklet)

#### **Common Threads of Codependency**

Codependents talk about codependency, recovery, relapse and authenticity. (Booklet)

#### **Experiences with Crosstalk**

Experience, strength, and hope on what crosstalk is and how some members deal with it. (Handbook)

#### **Making Choices**

Offers guidance in recognizing how to make choices that support our recovery. Explores codependent and healthy behaviours. (Booklet)

#### **Being in Service**

Practical examples of healthy service work essential to the continuation of any meeting and to CoDA as a whole. How to say "yes" to service work. (Booklet)

#### **Peeling the Onion**

Characteristics of Codependents revisited - Codependents Look at Love, Sex, & Relationship Addiction and Avoidance. (Booklet)

#### **Building CoDA Community: Healthy Meetings Matter**

Recommendations that contribute to safe, strong, healthy meetings.

#### **Sponsorship: What's in It for Me?**

Addresses both sides of sponsorship. Explains why we need sponsors and identifies some of the personal benefits gained from sponsoring others.

#### **Newcomers Handbook**

A detailed description of the CoDA program.

### **Booklets and Handbooks (cont'd)**

#### **Twelve Steps Handbook**

A detailed look at each of the Twelve Steps and how they apply to daily life.

#### **Affirmation Booklet**

A collection of positive affirmations for recovering codependents in pocket size.

#### **12-Piece Relationship Toolkit**

A look at relationships using the 12 Traditions. Useful in conjunction with Steps and Tradition Workbook

### **Workbooks**

#### **Twelve Steps and Twelve Traditions Workbook**

Takes the reader through the Steps & Traditions with a brief explanation followed by a series of questions. For individual or group study.

### **Other Items**

#### **Serenity Bookmarks**

#### **Chips and Medallions**

For celebrating our recovery.

### **Books**

#### **CoDA Book**

In depth readings on recovery, our Fellowship, common questions, and personal stories from codependents.

#### **CoDA Book (pocket edition)**

In depth readings on recovery, our Fellowship, common questions, without the personal stories.

#### **In This Moment Daily Meditation Book (ITM Book)**

Has a meditation for each day of the year, written by codependents for codependents.