

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.