

Twelve **POWERFUL** Relationship Tools

A very effective means of applying the Twelve Traditions in our lives is to approach them as a function of our 10th Step:
“Continued to take personal inventory and when we were wrong promptly admitted it.”

We examine our behaviour and our attitudes on an *ongoing* basis – asking ourselves certain key questions that focus our self-reflection on those principles.

<i>TRADITION</i>	<i>PRINCIPLE(s)</i>	<i>QUESTION(s)</i>
1. Our common welfare should come first; personal recovery depends upon CoDA unity.	UNITY	<i>Am I building or undermining feelings of Unity in others? In myself?</i>
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.	SURRENDER / SERVICE (EQUALITY & PARTICIPATION)	<i>Am I trying to be in charge? Am I letting/manipulating someone else to be in charge? What does God think?</i>
3. The only requirement for membership in CoDA is a desire for healthy and loving relationships.	INCLUSION	<i>Will this decision exclude someone, unnecessarily or inappropriately? Am I putting obstacles between me and the people around me?</i>
4. Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.	AUTONOMY	<i>Whose problem/decision is it?</i>
5. Each group has but one primary purpose: to carry its message to other codependents who still suffer.	PRIMARY PURPOSE	<i>What are we trying to accomplish? What can I do to further that purpose?</i>
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.	FOCUS / FIDELITY	<i>Am I focusing on the real purpose? Am I diluting that purpose?</i>

7. Every CoDA group ought to be fully self-supporting, declining outside contributions.	SELF-SUPPORT / RESPONSIBILITY	<i>Am I allowing someone to do for me what I can and should do for myself? Am I doing for someone else something that they can and should do for themselves?</i>
8. Co-Dependents Anonymous should remain forever nonprofessional, but our service centers may employ special workers.	UNCONDITIONAL LOVE	<i>Am I attaching a cost to doing the right thing?</i>
9. CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.	FLEXIBILITY / ADAPTABILITY	<i>Am I keeping an open mind? Am I allowing myself room to grow? Am I allowing others room to grow?</i>
10. CoDA has no opinion on outside issues; hence, the CoDA name ought never be drawn into public controversy.	CLARITY / SIMPLICITY	<i>Am I bringing in (or reacting to) issues that aren't connected to the problem at hand? Can I disagree, agreeably?</i>
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.	ATTRACTION / EXAMPLE	<i>What kind of example am I setting? Am I telling, or am I showing? Am I "walking the talk"?</i>
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.	ANONYMITY / SELFLESSNESS	<i>What's the loving thing to do?</i>

1. I know a new sense of belonging. The feelings 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 for me to mend—to become more loving, intimate, and supportive. I have the choice of communication 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.