

asked. Because we had faith that the recovery process worked for anyone who worked it, we were not inclined to “rescue” fellow CoDA members or others, even if we felt uncomfortable with their situation. We offered support and encouragement, not advice. We understood that our way of working the Steps may not be right for everyone. What was important was that it be right for us.

We were becoming humble enough to share honestly at meetings and one-to-one. When we felt the joy of our successes, we shared that joy. If we were experiencing difficult challenges or feelings of discouragement, we shared those stories too, knowing what we needed to hear might come from anyone, often someone newer on the path than we were.

It was our process, what we did, rather than our personality, that was the message. The way we “carried it” was by being where we could share it — with other people.

...and to Practice These Principles in All Our Affairs.

The final phrase in this Step reminded us that we could not separate our spirituality from the rest of our lives. The principles embodied in the Twelve Steps and Twelve Traditions were not the private domain of CoDA meeting rooms. They were meant to be practiced in **ALL** our affairs.

As we increased in our dedication to Steps Ten and Eleven, little by little, “practicing these principles in all our affairs” become more natural. Our aim was to live this way with everyone, making a special effort in relationships we found troublesome. When we faltered in any area of our lives, we remembered that this was a

effort in relationships we found troublesome. When we faltered in any area of our lives, we remembered that this was a program based on progress, not perfection.

We came to regard the CoDA program as a precious gift because our lives had been so remarkably improved by following its principles. Sharing this special gift with others was the way in which we could thank the Higher Power that led us to it.

And in doing this, we have continued to be repaid a thousand-fold.

*In this moment, I thank God for my spiritual awakening. In this moment, I choose to live all the principles of this simple program. I know the wisdom working through me will touch all I meet with God's love and understanding.
I am at peace.*

Having practiced each of the Twelve Steps of Co-Dependents Anonymous, in order, we became ready to share this message with other codependents. For this, and for our continuing commitment to work these Steps, we are grateful.

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Step Twelve

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.



Step Twelve

“Having had a spiritual awakening as a result of these steps, we tried to carry this message to other co-dependents, and to practice these principles in all of our affairs.”

It has been said that spirituality is finding your **own** path to God. In Co-Dependents Anonymous, we have been given four elements to use for guidance and support on our spiritual path — a Higher Power, the Twelve Steps and Twelve Traditions, and the Fellowship.

It was the CoDA Fellowship that first attracted many of us to our program of recovery. What we discovered was a group of people who were learning to accept everyone as they were, who were interested in supporting each other through good times and bad, and who encouraged their fellow members to improve their lives. By availing ourselves of this Fellowship, both at meetings and one-to-one, we learned how others had practiced the CoDA program. We used this information to work carefully through the first eleven Steps and in the process we began to develop, or redevelop, our own understanding of God.

As time passed and each of us worked the Twelve Steps in the order they were written, we discovered we had changed. Our thinking, our actions, and our feelings were different than at the beginning of our CoDA journey. While there was still much work to do, most of us had developed faith in a Higher Power, faith in the process of Twelve Step recovery, and faith in the Fellowship. We knew it worked because we had seen the results in ourselves and in other CoDA members.

Having Had A Spiritual Awakening as the Result of These Steps...

The first words of this Step were often glossed over in our eagerness to “carry the message.” Upon reflection, however, we could see that these words described the very foundation of our recovery. We came to understand that as a result of putting the Twelve Steps to work in our lives, we were transformed — and that no matter what we believed about ourselves, as long as we put these Steps into action, the result would be our spiritual awakening.

Before we could share this information with others, most of us had to ask ourselves some important questions: What is a “spiritual awakening?” How do I know if I’ve had one?

As we worked the first three Steps, most of us began to realize our Higher Power was approachable and loving. We discovered that this power could do things for us that we couldn’t do for ourselves. A simple prayer often relieved our anxiety:

*“I place my life and will
in your care today.”*

The fact that an insurmountable problem might also be solved, usually in ways we could not have imagined, increased our faith in God and in the Twelve Step process. Even with years of experience, most of us were still in awe of this phenomenon. Many considered this simple and profound experience the beginning of spiritual awakening.

Steps Four through Nine introduced us to ourselves. We came out of hiding and shared uncomfortable secrets with another person. We did our footwork when

it came to Steps Six and Seven, often not knowing what to expect. We may have agonized over Steps Eight and Nine, wondering how on earth we could face some of the folks we had harmed. When it came to making amends to ourselves, many of us took the action, even if we found it a little strange or uncomfortable.

We completed the first Nine Steps and while many of us did not see major changes, we did notice subtle differences in our thinking and in our behavior. For some, the change was a more tolerant, relaxed attitude about life in general. Often we had more fun, even when we hadn’t planned on it. Little things that used to bother us passed without notice. We were less compelled to give advice, lose our tempers, feel defeated, or withdraw. Feeling grateful and sometimes awestruck by things we used to take for granted became the rule rather than the exception. Many of us saw this kind of change as the process of spiritual awakening.

Through the Tenth and Eleventh Steps, we incorporated this new way of living into our daily lives.

After some reflection, we realized that a spiritual awakening was not something for which we reached or waited, not something with which we’d be rewarded if we followed the rules and were “good.” In this case, a spiritual awakening was the result of working the Twelve Steps in the order in which they were presented. Nothing could stand in the way of this but us.

...We Tried to Carry This Message to Other Co-Dependents...

By living this program, one day at a time, we **became** the message we had hoped to carry. We shared our experience, strength, and hope with other codependents at CoDA meetings or when