



Slogans

The Co-Dependents Anonymous Tools for Recovery is neither magic nor rocket science. Rather, the tools encompass and provide guidance in those areas of life where we codependents have had difficulties, primarily relationships with others, our Higher Power, and ourselves. We need to reconnect and rebuild our spiritual lives.

We gain strength and guidance from other codependents at meetings, through sponsorship and through service. We gain insight as we begin to know and accept ourselves, work the Steps with a sponsor, and “walk the talk” with others who speak the same language. Using the tools is our way out of the quagmire into which many of us have fallen. Regular use of the tools can provide the motivation, hope, and determination we need to move forward in our lives.

Slogans are one of these tools available to us to use at any time as our own personal instrument of self-awareness and grounding. Slogans are a handy way to help redirect our thoughts and actions in times of possible relapses into codependence behaviours, to thoughts and actions of recovery living the best we can by the Steps and Traditions CoDA is built upon. Some of these slogans with possible interpretations are listed below.

One Day at a Time:

- focus on this day only and not the future;
- break huge overwhelming tasks into smaller, more attainable goals;
- do not waste time worrying about the future you have no facts about.

Keep It Simple:

- do not focus on anticipating everything that can go wrong, but take it at face value and focus on what *is* actually happening;
- avoid adding too many tasks or elements to a task and keep it as basic as possible;
- don't take on more than you can handle at any given time.

Remember When:

- remember you're in recovery;
- remember your life before recovery, and where you are now;
- remember to practice compassion towards others even when their attitudes and actions bother us.

Easy Does It:

- don't try to force a solution thus creating further conflicts;
- take your time working the Steps to maximize the return in your recovery: doing them thoroughly and doing them well is more valuable to your recovery than doing them fast;
- relax and calm yourself down when you feel you're getting worked up;
- it is easy getting caught up in speed thinking that's how to be productive, but in rushing through things, we are likely to miss something – we might not hear someone, might not recognize our own needs, or behaviour in a situation and we may forget to view things objectively. This slogan reminds us to slow down, take it easy, and notice what is happening around you.

First Things First: - prioritize, prioritize, prioritize! Do what is necessary when it is necessary before moving on to the next thing – keeping in mind not to jump the gun or start big;
- address your own needs, health and wellness – personal recovery comes first.

Just For Today: - allow yourself opportunities to make adjustments or changes to your own attitudes and actions
- explore new possibilities to move forward in a positive direction.

Let It Begin With Me: - mind your own actions and attitudes instead of pointing fingers, criticizing or judging someone else's behaviour or blaming others;
- approach situations with a different perspective and take responsibility for your part in it; meeting your own needs and exerting your assertiveness.

Think, Think, Think: - act versus react – not getting caught up in our emotions and automatically reacting in our codependence patterns and behaviours, but instead, we stop and think what our recovery tells us about how to cope and live the Steps and Traditions;
- making choices within your own best interests of recovery.

Other CoDA slogans:

1. DENIAL – Don't Even Notice I Am Lying
2. Do The Next Right Thing
3. FEAR – Face Everything And Recover
4. HALT! – never get too Hungry, Angry, Lonely or Tired
5. How Important Is It?
6. If Nothing Changes, Nothing Changes
7. Things Don't Change, We Do
8. If You Think You Can, Or Think You Can't, You're Right
9. Insanity – Doing the same thing over and over again, but expecting different results
10. It Works If You Work It
11. K.I.S.S. – Keep It Simple Sweetheart
12. Let Go And Let God
13. Life Is Simple. First You Do One Thing, Then You Do The Next
14. Live And Let Live
15. NUTS – Not Using The Steps
16. Progress, Not Perfection
17. Put Down The Magnifying Glass And Pick Up The Mirror
18. Say What You Mean, Mean What You Say, But Don't Say It Mean
19. SPONSOR – Sage Person Offering Newcomers Suggestions On Recovery
20. The Only Way Out Is Through
21. This, Too, Shall Pass
22. When I Point A Finger At You, Three More Point Back At Me!
23. Work It, You're Worth It
24. Yesterday Is History; Tomorrow, A Mystery. Today Is A Gift; That's Why It's Called The Present
25. You're Only As Sick As Your Secrets
26. If You Always Do What You Did, You'll Always Get What You Got

Find which slogans resonate with you, think about what it means to you and why, and feel free to incorporate them into your recovery!