



## Co-Dependents Anonymous CoDA Guide to Sharing / What is “Crosstalk”?

[www.codacanada.ca](http://www.codacanada.ca)

[www.coda.org](http://www.coda.org)

### CoDA Guide to Sharing:

As we pursue our recovery, it is important for each of us to speak as we are able. Many of us find speaking among others, especially strangers, a very difficult task. We encourage people to begin slowly and carefully. It is the intention of every CoDA member and group not to ridicule or embarrass anyone. Nothing that is shared is unimportant. The sharing of our experiences is best done with “I” statements. “Crosstalk” and “feedback” are discouraged.

### What is “Crosstalk”?

Crosstalk can be: giving unsolicited feedback, advice-giving, answering, making “you” and “we” statements, interrogating, debating, criticizing, controlling or dominating. It may also include: minimizing another person’s feeling or experiences, physical contact or touch, body movements, such as nodding one’s head, calling another person present by name, or verbal sounds and noises. In our meetings we speak about our own experience, and we listen without comment to what others share. We work toward taking responsibility in our own lives, rather than giving advice to others. Crosstalk guidelines help keep our meeting a safe place.

*Source: FSM page 33 Last Revision: 2019-10-21*