

# CoDA Literature Description

## Books/Workbooks:

1. **CoDA Book** – Simply titled the **CoDA Book**, it contains in-depth readings on recovery, our Fellowship, common questions, and personal stories from codependents. Sometimes erroneously referred to as the **CoDA Blue Book**.
2. **CoDA Blue Book, Abridged Version** – In-depth readings on recovery, our Fellowship, common questions, but without the personal stories. This edition is the same as the pocket edition but with larger print.
3. **CoDA Blue Book, Pocket Edition** – In-depth readings on recovery, our Fellowship, common questions, but without the personal stories. This edition was printed in Canada.
4. **In This Moment Daily Meditation Book** – Has a meditation for each day of the year, written by codependents for codependents. This book is the “printed in Canada” version. There are 2 meditations per page.
5. **The Twelve Steps & Twelve Traditions Workbook** – Takes the reader through the Steps and Traditions with a brief explanation followed by a series of questions. For individual or group study.

## Booklets:

1. **Affirmations & Prayers** – Both the Prayers and Affirmation booklet bundled together. Perfect for a newcomer or birthday gift.
  - **Affirmations** - A pocket-size booklet containing a collection of positive affirmations for recovering codependents. This booklet is larger in size and now includes edition two affirmations.
  - **Prayers** - This is a collection of Prayers from Conference Approved Literature.
2. **Being of Service in CoDA** – 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.
3. **Building CoDA Community: Healthy Meetings Matter** – An overview of what a healthy meeting might look like.
4. **Common Threads of Codependency** – Codependents talk about codependency, recovery, relapse, and authenticity.
5. **Experiences with Crosstalk** – Experience, strength, and hope on what crosstalk is and how some members deal with it.
6. **Making Choices** – Offers guidance in recognizing how to make choices that support our recovery. Explores codependent and healthy behaviours.
7. **Newcomers Handbook** – A detailed description of the CoDA program.

8. **Peeling the Onion** – Characteristics of codependents revisited – codependents look at love, sex, & relationship addiction and avoidance.
9. **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.
10. **The Twelve Piece Relationship Toolkit** – The purpose of this booklet is to serve as a companion to CoDA's Twelve Steps and Twelve Traditions Workbook in support of our Tradition Three, a desire for healthy and loving relationships.
11. **Tools for Recovery** – Members share experience, strength & hope with different tools useful in their recovery.
12. **Traditionally Speaking: Finding Solutions** – This booklet expands our understanding of CoDA's Twelve Traditions. Members share their experience in applying the spiritual principles of CoDA meetings and service work to improve all their relationships: in CoDA, at home, at work, and everywhere.
13. **Twelve Service Concepts** – The Twelve Service Concepts in depth.
14. **Twelve Steps Handbook** – A detailed look at each of the Twelve Steps and how they apply to daily life.

## **Pamphlets:**

1. **Am I Codependent?** – Lists the patterns and characteristics of codependency and The Twelve Promises. New! Extended version.
2. **Attending Meetings** – Explains how CoDA meetings work and how to participate.
3. **Communications and Recovery** – A look at old patterns of communication & how healthier communication can be learned.
4. **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.
5. **Information For Professionals** – An introduction to Co-Dependents Anonymous for professionals. Ideal for counselors, doctors, or other professionals working in the recovery field.
6. **Sponsorship in CoDA** – An overview of the principles of sponsorship.
7. **Step Pamphlets One to Twelve** – Set of 12 pamphlets. Step one through to twelve.
8. **Using the Twelve Traditions** – The Twelve Traditions explained.
9. **Welcome to Co-Dependents Anonymous** – Includes the CoDA Welcome and the Twelve Steps. Perfect for the newcomer.
10. **What is CoDA? An Introduction to Co-Dependents Anonymous** – Features a basic list of characteristics for self-evaluation.

**11. What is Codependency? A Checklist** – A checklist of characteristics, behaviours, and attitudes that might be helpful. e.g. *I must be “needed” in order to have a relationship with others.*

**12. Your First Meeting** – A pamphlet for clients of professionals and new members.

## **Other Resources:**

**1. Monthly Online Fellowship Forum:** These are Forums (similar to podcasts) that take place on Zoom on the last Saturday of each month and occasional mid-month weekends. The content consists of 1 or more speakers discussing a variety of CoDA related topics.

- **The Forums are recorded and can be found at this link:**  
<https://www.codependents.org/ff/ff.htm>
- **To receive email reminders of upcoming Forums please sign up here:**  
<https://codependents.org/cgi-bin/dada/mail.cgi/list/ffenglish/>
- **Or send an email to:**  
[codaff@coda.org](mailto:codaff@coda.org)