

Thank you for your interest in CoDA

Our Program of Recovery

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery—learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.

We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege.

From Preamble

Codependence is an illusive and devastating problem that requires simple yet specific solutions. Many of us believe these solutions can be found within the program of Co-Dependents Anonymous.

From CoDA Book Chapter 3

The CoDA program consists of the following: the Fellowship, CoDA meetings, sponsorship, literature, conferences, conventions, service work, the CoDA Twelve Steps and Twelve Traditions.

Questions and Answers

How is CoDA different from other 12 Step groups such as AA or Al-Anon?

Other 12 Step groups support people or friends of people, who have addictions such as alcohol. CoDA supports people to create healthy relations starting with themselves, whether or not addictions exist in their lives.

Does CoDA provide counselling?

CoDA is a 12 Step Fellowship and peer support group. It aims to create a safe environment for those wishing recovery from dysfunctional relationships, providing anonymity and freedom from judgement or feedback. In CoDA we share our own experience, strength, and hope. We do not give advice.

May I, as a professional, attend a CoDA meeting?

You are welcome to attend any “open” meeting. Identify yourself by first name only, not as a professional. You are not required to share. Please do not give advice; sharing is about our own experiences. There are no dues or fees; we are self supporting through our own contributions.

May I share CoDA materials with my clients?

You can find pamphlets and other service documents, as well as meetings, by going to the CoDA website. An Introductory brochure is located on the website: www.coda.org/

Recommended Reading

- Welcome to CoDA
- Am I Codependent?
- Communication and Recovery
- Establishing Boundaries in Recovery
- www.codacanada.ca

Books

- CoDA Book

More information about CoDA can be found on the CoDA website: www.codacanada.ca. There you will find links to literature, meetings and other service documents.

Local CoDA information may be placed in the area below:

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info@cdrsestore.ca
www.cdrsestore.ca

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Co-Dependents Anonymous Information for Professionals



Some Characteristics of Codependency

Persons with codependent characteristics may:

- Have trouble setting healthy priorities and boundaries
- Freely offer advice and direction without being asked
- Attempt to convince others what to think, do, or feel
- Compromise their own values and integrity to avoid rejection or anger
- Put aside their own interests in order to do what others want
- Do not recognize the unavailability of those people to whom they are attracted
- Label others with their negative traits
- Judge harshly what others think say or do
- Judge what they think, say, or do harshly, as never good enough
- Have difficulty identifying what they are feeling
- Minimize, alter, or deny how they truly feel
- Express negativity or aggression in indirect and passive ways

From [Am I Codependent?](#)

Twelve Steps

1. We admitted we were powerless over others—that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. 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.

The CoDA Twelve Steps have been adapted from the Twelve Steps of Alcoholics Anonymous for our use, as well as for many of other Twelve Step programs. Millions of people worldwide have applied these concepts to their lives.

The Twelve Step Program was originally developed by the founders of Alcoholics Anonymous in 1939. CoDA was founded in 1986.

The *Twelve Steps* reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc.

A CoDA meeting is a group of people who come together around their shared desire for healthy and loving relationships. It is a place to find sponsorship and fellowship as well as the sharing of experience, strength, and hope.

A CoDA meeting is much more than a place to sit and tell your troubles, it is a place to meet people like yourself and to learn from those who are different from you; a place to interact with people focused on learning to have healthy and loving relationships.

From [Fellowship Service Manual Part 2](#)

The Twelve Steps steer us from a path of self-defeating behaviors toward healthy and loving relationships with God, ourselves, and others. They offer us growth, a priority for our relationships and a guide for living healthy and loving lives.

From the [CoDA Book](#)

In Recovery

- I am aware of my feelings and identify them, often in the moment
- I accept myself as I am. I emphasize progress over perfection.
- I have confidence in myself. I no longer seek others' approval of my thoughts, feelings and behavior.
- I am rooted in my own values, even if others don't agree or become angry.
- I can separate my feelings from the feelings of others.
- I realize that, with rare exceptions, other adults are capable of managing their own lives. My job is to let them.
- I develop relationships with others based on equality, intimacy, and balance.

From [Fellowship Service Manual Part 2](#)

CoDA members answer the question, "Why do I continue to go to CoDA meetings?"

"I am taking responsibility for myself, finding joy in my life. I no longer feel helpless to escape from the prison of my despair. Recovery, for me, has meant more than attendance at meetings. It involves hard work and the commitment to look deep inside myself and embrace change. A support group like CoDA allows me to know I'm not alone, that others can relate to me because they have been where I have been. I no longer feel crazy or deficient. I am valuable and capable of positive change. For me, attending meetings alone could not do the job. I had to take responsibility for changing myself."

From [Common Threads of Codependency](#)