

Co-dependency Recovery Program

Welcome to Co-Dependents Anonymous

We welcome you to codependents Anonymous - a program of recovery from Codependence, where each of us may share our experience, strength, and hope in our efforts to find freedom where there has been bondage, and peace where there has been turmoil in our relationships with others and ourselves. Most of us have been searching for ways to overcome the dilemmas of the conflicts in our relationships and our childhood. Many of us were raised in families where addictions existed - some of us were not. In either case, we have found in each of our lives that co-dependence is a most deeply rooted, compulsive behavior, and that it is born out of our sometimes moderately, sometimes extremely dysfunctional family systems.

We have each experienced in our own ways the painful trauma of the emptiness of our childhood and relationships throughout our lives. We attempted to use others, our mates, our friends, and even our children, as our sole source of identity, value, and well-being and as a way of trying to restore within us the emotional losses from our childhoods. Our histories may include other powerful addictions, which at we have used to cope with our codependency. We have all learned to survive life, but in CoDA, we are learning to live life. Through applying the Twelve Steps and principles found in CoDA to our daily life and relationships, both present and past, we can experience a new freedom from our self-defeating lifestyles. It is an individual growth process. Each of us is growing at our own pace and will continue to do so as we remain open to (Higher Power) will for us on a daily basis. Our sharing is our way of identification and helps us to free the emotional bonds of our past and the compulsive control of our present.

No matter how traumatic your past or despairing your present may seem, there is hope for a new day in the program of Co-Dependents Anonymous. No longer do you need to rely on others as a power greater than yourself. May you instead find here a new strength within to be that which (Higher Power) intended precious and free.

Preamble of Co-Dependents Anonymous

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 others and our-selves. In CODA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege.

This renewal process is a gift of healing for us. By actively working the program of Co-Dependents Anonymous, we can each realize a new joy, acceptance, and serenity in our lives.

What Is Co-dependency?

If you are new to CODA you may be wondering ".....?". At CoDA, we offer no definition or diagnostic criterion for Co-dependence. What we do offer is a list of patterns and characteristics as a tool to aid in self-evaluation.

See Section under Materials for [Patterns and Characteristics of Codependence](#)

We here in the CODA group strive to provide materials for self help. The materials in this site consist of a 12 Step program to help you work a program to learn to recognize where our defective traits are dragging us down and to remove these defects of character and to make life more manageable on a day by day basis.

The importance of working the 12 Step program

The basis of working the [12 Step program](#) is to give you goals to go by one step at a time to build your personal growth. No matter how traumatic your present or past may be. The great things about working the steps are personal growth. In time you will see a difference. I admit that when I started the 12 Steps, I was a mess, and now I compare my current status with when I first came into the program, and my life has improved a great deal. I may never be what you would say "normal" but it will be manageable.

Welcome to Co-Dependents Anonymous, a fellowship of men, women, young adults, senior citizens whose common purpose is to develop healthy relationships. It does not matter what race, color or sex you are. 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 ourselves. 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.

The Twelve Steps of Codependents Anonymous

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 our (Higher Power) as we understood our (Higher Power).
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to your (Higher Power), to ourselves, and to another human being, the exact nature of our wrongs.
6. Were entirely ready to have our (Higher Power) remove all these defects of character.
7. Humbly asked (Higher Power) 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 your (Higher Power) as we understood our (Higher Power), praying only for knowledge of our (Higher Power'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 Twelve Traditions of Co-Dependents Anonymous

1. Our common welfare should come first; personal recovery depends upon CoDA unity.
2. For our group purpose there is but one ultimate authority -- a loving higher power expressed to our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in CoDA is a desire for healthy and loving relationships.
4. Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.
5. Each group has but one primary purpose -- to carry its message to other codependents who still suffer.
6. A CoDA group ought never endorse, finance, or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim.
7. A CoDA group ought to be fully self-supporting, declining outside contributions.
8. Co-Dependents Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. CoDA, as such, ought never to be organized; but we may create service boards or committees directly responsible to those they serve.
10. CoDA has no opinion on outside issues; hence the CoDA name ought never to be drawn into public controversy.

11. Our public relations policy is based on attraction rather than promotion; we need to always maintain personal anonymity at the level of press, radio, and films.

12. Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

The Twelve Promises of Co-Dependents Anonymous

I can expect a miraculous change in my life by working the program of Co-dependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions...

1. I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible to mend - to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust the guidance I receive from my higher power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.

Patterns and Characteristics of Codependence

These patterns and characteristics are offered as a tool to aid in self-evaluation. They may be particularly helpful to newcomers.

Denial Patterns:

I have difficulty identifying what I am feeling.

I minimize, alter or deny how I truly feel.

I perceive myself as completely unselfish and dedicated to the well-being of others.

Low Self Esteem Patterns:

I have difficulty making decisions.

I judge everything I think, say or do harshly, as never "good enough."

I am embarrassed to receive recognition and praise or gifts.

I do not ask others to meet my needs or desires.

I value others' approval of my thinking, feelings and behavior over my own.

I do not perceive myself as a lovable or worthwhile person.

Compliance Patterns:

I compromise my own values and integrity to avoid rejection or other's anger.

I am very sensitive to how others are feeling and feel the same.

I am extremely loyal, remaining in harmful situations too long.

I value others' opinions and feelings more than my own and am afraid to express differing opinions and feelings of my own.

I put aside my own interests and hobbies in order to do what others want.

I accept sex when I want love.

Control Patterns:

I believe most other people are incapable of taking care of themselves.

I attempt to convince others of what they "should" think and how they "truly" feel.

I become resentful when others will not let me help them.

I freely offer others advice and directions without being asked.

I lavish gifts and favors on those I care about.

I use sex to gain approval and acceptance.

I have to be "needed" in order to have a relationship with others.

Recovery Patterns of Codependence

Denial Patterns

Co-dependence (negitives)

I have difficulty identifying what I am feeling.

I minimize, alter, or deny how I truly feel.

I perceive myself as being completely unselfish and dedicated to the well-being of others.

Recovery (Positives)

I am aware of my identify feelings and them, often in the moment.

I embrace my feelings as being valid and important.

I am truthful with myself.

I keep the focus on my own well-being.

I know the difference between caring and caretaking.

Low Self-Esteem Patterns

Co-dependence (negitives)

I have difficulty making decisions.

I judge everything I think, say, or do harshly, as never "good enough."

I am embarrassed to receive recognition, praise, or gifts.

I do not ask others to meet my needs or desires.

I value others' approval of my thinking, feelings, and behavior over my own.

I do not perceive myself as a lovable or worthwhile person.

Recovery (Positives)

I trust my ability to make effective decisions.

I accept myself as I am. I emphasize progress over enough."

I feel appropriately worthy of the recognition, praise, or gifts I receive.

I meet my own needs and wants when possible.

I reach out for help when it's necessary and appropriate.

I have confidence in myself.

I no longer seek others' approval of my thoughts, feelings, and behavior.

I recognize myself as being a lovable and valuable person.

Compliance Patterns

Co-dependence (negitives)

I compromise my own values and integrity to avoid rejection or others' anger.

I am very sensitive to how others are feeling and feel the same.

I am extremely loyal, remaining in harmful situations too long.

I value others' opinions and feelings more than my own and am afraid to express differing opinions and feelings of my own.

I put aside my own interests and hobbies in order to do what others want.

I accept sex when I want love.

Recovery (Positives)

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 am committed to my safety and recovery work.

I leave situations that feel unsafe or are inconsistent with my goals.

I respect my own opinions and feelings and I am afraid to express appropriately.

I consider my own interests first when asked to participate in another's plans.

My sexuality is grounded in genuine intimacy and connection.

I know the difference between lust and love.

Control Patterns

Co-dependence (negatives)

- I believe most other people are incapable of taking care of themselves.
- I attempt to convince others of what they “should” think and how they “truly” feel.
- I become resentful when others will not let me help them.
- I freely offer others advice and directions without being asked.
- I lavish gifts and favors on those I care about.
- I use sex to gain approval and acceptance.
- I have to be “needed” in order to have a relationship with others.

Recovery (Positives)

- I realize that, with rare exceptions, other adults are capable of managing their own lives.
- My job is to let them.
- I accept and value the differing thoughts, feelings, and opinions of others.
- I feel comfortable when I see others take care of themselves.
- I am a compassionate and empathic listener, giving advice only if directly asked.
- I lavish gifts and favors on those contemplate my motivations when preparing to give a gift.
- I feel loved and accepted for myself, just the way I am.
- I develop relationships with others based on equality, intimacy, and balance.

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Serenity Prayer

(Your Higher Power), grant me the Serenity
to accept the things I cannot change,
Courage to change the things I can,
And Wisdom to know the difference.