



**WELCOME**



**To CoDA**



([norcalcoda.org](http://norcalcoda.org))



TM

Welcome to CO-DEPENDENTS ANONYMOUS, 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 rely on 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. Through applying the Twelve Steps and principles in CoDA to our daily life and relationships, both present and past, we can experience a new freedom from our self-defeating lifestyles and realize a new joy, acceptance and serenity in our lives.

# 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.
- I lack empathy for the feelings and needs of others.
- I label others with my negative traits.
- I can take care of myself without any help from others.
- I mask my pain in various ways such as anger, humor, or isolation.
- I express negativity or aggression in indirect and passive ways.
- I do not recognize the unavailability of those people to whom I am attracted.

## **Low Self Esteem Patterns:**

- I have difficulty making decisions.
- I judge what I think, say, or do harshly, as never good enough.
- I am embarrassed to receive recognition, praise, or gifts.
- I value others' approval of my thinking, feelings, and behavior over my own.
- I do not perceive myself as a lovable or worthwhile person.
- I constantly seek recognition that I think I deserve.
- I have difficulty admitting that I made a mistake.
- I need to appear to be right in the eyes of others and will even lie to look good.
- I am unable to ask others to meet my needs or desires.
- I perceive myself as superior to others.
- I look to others to provide my sense of safety.
- I have difficulty getting started, meeting deadlines, and completing projects.
- I have trouble setting healthy priorities.

## **Compliance Patterns:**

- I am extremely loyal, remaining in harmful situations too long.
- I compromise my own values and integrity to avoid rejection or anger.
- I put aside my own interests in order to do what others want.
- I am hyper vigilant regarding the feelings of others and take on those feelings.
- I am afraid to express my beliefs, opinions, and feelings when they differ from those of others.
- I accept sexual attention when I want love.
- I make decisions without regard to the consequences.
- I give up my truth to gain the approval of others or to avoid change.

### **Control Patterns:**

- I believe most people are incapable of taking care of themselves.
- I attempt to convince others what to think, do, or feel.
- I freely offer advice and direction to others without being asked.
- I become resentful when others decline my help or reject my advice.
- I lavish gifts and favors on those I want to influence.
- I use sexual attention to gain approval and acceptance.
- I have to be needed in order to have a relationship with others.
- I demand that my needs be met by others.
- I use charm and charisma to convince others of my capacity to be caring and compassionate.
- I use blame and shame to emotionally exploit others.
- I refuse to cooperate, compromise, or negotiate.
- I adopt an attitude of indifference, helplessness, authority, or rage to manipulate outcomes.
- I use terms of recovery in an attempt to control the behavior of others.
- I pretend to agree with others to get what I want.

### **Avoidance Patterns:**

- I act in ways that invite others to reject, shame, or express anger toward me.
- I judge harshly what others think, say, or do.
- I avoid emotional, physical, or sexual intimacy as a means of maintaining distance.
- I allow my addictions to people, places, and things to distract me from achieving intimacy in relationships.
- I use indirect and evasive communication to avoid conflict or confrontation.
- I diminish my capacity to have healthy relationships by declining to use all the tools of recovery.
- I suppress my feelings or needs to avoid feeling vulnerable.
- I pull people toward me, but when they get close, I push them away.
- I refuse to give up my self-will to avoid surrendering to a power that is greater than myself.
- I believe displays of emotion are a sign of weakness.
- I withhold expressions of appreciation.

## The Twelve Steps of Co-Dependents 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 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 co-dependents, 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 as 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. CoDependents Anonymous should remain forever non--professional, but our service centers may employ special workers.
9. CoDA, as such, ought never 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 be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need 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.

## FEELING WORDS

### HAPPY

glad  
festive  
contented  
relaxed  
calm  
complacent  
satisfied  
serene  
comfortable  
peaceful  
joyous  
ecstatic  
enthusiastic  
inspired  
pleased  
grateful  
cheerful  
excited  
cheery  
lighthearted  
carefree  
surprised  
optimistic  
spirited  
vivacious  
brisk  
merry  
generous  
hilarious  
exhilarated  
jolly  
playful  
elated  
thrilled  
zestful  
alive  
amiable  
amused  
free radiant  
enchanted

### AFFECTIONATE

close  
loving  
sexy  
tender  
seductive  
passionate  
appealing  
warm  
agreeable  
devoted  
friendly  
gentle

### SAD

sorrowful

distrustful  
depressed  
melancholy  
gloomy  
somber  
dismal  
quiet  
mournful  
dreadful  
dreary  
flat  
blah  
dull  
sullen  
moody  
sulky  
low  
discontented  
discouraged  
disappointed  
concerned  
sympathetic  
compassionate  
shook-up  
embarrassed  
shameful  
ashamed  
useless  
worthless  
awful  
heartbroken  
bitter  
blue  
destroyed  
hopeless  
lost  
miserable  
rejected

### EAGER

keen  
earnest  
intent  
zealous  
ardent  
avid  
anxious  
enthusiastic  
desirous  
excited  
proud  
active  
adventurous  
alive  
clean  
daring  
energetic  
impatient

### ANGRY

mad  
resentful  
unhappy  
enraged  
furious  
inflamed  
furious  
sullen  
indignant  
irate  
wrathful  
irritated  
cross  
sulky  
bitter  
frustrated  
grumpy  
boiling  
fuming  
stubborn  
belligerent  
confused  
awkward  
bewildered  
agitated  
contrary  
disgusted  
displeased  
hostile  
impatient  
incensed

### INTERESTED

concerned  
fascinated  
engrossed  
intrigued  
absorbed  
excited  
curious  
inquisitive  
inquiring  
creative  
sincere

### FEARLESS

encouraged  
confident  
secure  
independent  
bold  
brave  
daring  
hardy  
determined  
loyal

### DOUBTFUL

skeptical  
torn  
suspicious  
dubious  
uncertain  
evasive  
wavering  
hesitant  
perplexed  
indecisive  
hopeless  
powerless  
helpless  
defeated  
pessimistic

### HURT

isolated  
distressed  
in pain  
suffering  
afflicted  
worried  
aching  
crushed  
heartbroken  
despair  
tortured  
lonely  
pathetic  
cold  
upset  
alone  
bitter  
contrary  
forlorn  
hopeless  
rejected

### PHYSICAL

taut  
uptight  
tense  
stretched  
hollow  
empty  
strong  
weak  
sweaty  
breathless  
nauseated  
sluggish  
weary  
repulsed  
tired  
alive  
feisty

### MISCELLANEOUS

humble  
mixed-up  
envious  
jealous  
preoccupied  
cruel  
distant  
bored  
hypocritical  
phony  
impatient  
kindly  
powerful  
reckless  
safe  
secure  
strong

### AFRAID

fearful  
timid  
shaky  
apprehensive  
fidgety  
terrified  
panicky  
tragic  
hysterical  
alarmed  
cautious  
shocked  
horrified  
insecure  
impatient  
nervous  
dependent  
anxious  
pressured  
worried  
doubtful  
suspicious  
hesitant  
awed  
dismayed  
scared  
threatened  
appalled  
petrified  
bashful  
cautious  
desperate  
shy

## **POSITIVE AFFIRMATIONS**

**JUST FOR TODAY I WILL RESPECT MY OWN AND OTHERS' BOUNDARIES.**

**JUST FOR TODAY I WILL BE VULNERABLE WITH SOMEONE I TRUST.**

**JUST FOR TODAY I WILL TAKE ONE COMPLIMENT AND HOLD IT IN MY HEART FOR MORE THAN JUST A FLEETING MOMENT. I WILL LET IT NURTURE ME.**

**JUST FOR TODAY I WILL ACT IN A WAY THAT I WOULD ADMIRE IN SOMEONE ELSE.**

**JUST FOR TODAY I WILL NOT CRITICIZE MYSELF OR OTHERS.**

**I AM A CHILD OF GOD.**

**I AM A WORTHWHILE PERSON.**

**I AM A PRECIOUS PERSON.**

**I AM BEAUTIFUL INSIDE AND OUTSIDE.**

**I LOVE MYSELF UNCONDITIONALLY.**

**I ALLOW MYSELF AMPLE LEISURE TIME WITHOUT FEELING GUILTY.**

**I DESERVE TO BE LOVED BY MYSELF AND OTHERS.**

**I AM LOVED BECAUSE I DESERVE LOVE.**

**I AM A CHILD OF GOD AND I DESERVE LOVE, PEACE, PROSPERITY, AND SERENITY.**

**I FORGIVE MYSELF FOR HURTING MYSELF AND OTHERS.**

**I FORGIVE MYSELF FOR LETTING OTHERS HURT ME.**

**I FORGIVE MYSELF FOR ACCEPTING SEX WHEN I REALLY WANTED LOVE.**

**I AM WILLING TO ACCEPT LOVE.**

**I AM NOT ALONE, I AM ONE WITH GOD AND THE UNIVERSE.**

**I AM WHOLE AND GOOD.**

**I AM CAPABLE OF CHANGING.**

**THE PAIN THAT I MIGHT FEEL BY REMEMBERING CANNOT BE ANY WORSE THAN THE PAIN I FEEL BY KNOWING AND NOT REMEMBERING.**

**I AM ENOUGH.**

These affirmations are offered as a tool to aid in replacing the negative messages of the past with positive messages of hope for the future.



# Co-Dependence Anonymous, Inc.

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## Recovery Patterns of Codependence

	Codependents often...	In Recovery...
<b>Denial Patterns</b>	Have difficulty identifying what they are feeling	I am aware of my feelings and identify them, often in the moment. I know the difference between my thoughts and feelings.
	Minimize, alter, or deny how they truly feel.	I embrace my feelings; they are valid and important.
	Perceive themselves as completely unselfish and dedicated to the well-being of others	I know the difference between caring and caretaking. I recognize that caretaking others is often motivated by a need to benefit myself.
	Lack empathy for the feelings and needs of others.	I am able to feel compassion for another's feelings and needs.
	Label others with their negative traits.	I acknowledge that I may own the negative traits I often perceive in others.
	Think they can take care of themselves without any help from others.	I acknowledge that I sometimes need the help of others.
	Mask pain in various ways such as anger, humor, or isolation.	I am aware of my painful feelings and express them appropriately.
	Express negativity or aggression in indirect and passive ways.	I am able to express my feelings openly, directly, and calmly.
<b>Low Self-esteem Patterns</b>	Do not recognize the unavailability of those people to whom they are attracted.	I pursue intimate relationships only with others who want, and are able to engage in, healthy and loving relationships.
	Codependents often...	In Recovery...
	Have difficulty making decisions.	I trust my ability to make effective decisions.
	Judge what they think, say, or do harshly, as never good enough.	I accept myself as I am. I emphasize progress over perfection.
	Are embarrassed to receive recognition, praise, or gifts.	I feel appropriately worthy of the recognition, praise, or gifts I receive.
	Value others' approval of their thinking, feelings, and behavior over their own.	I value the opinions of those I trust, without needing to gain their approval. I have confidence in myself.
	Do not perceive themselves as lovable or worthwhile persons.	I recognize myself as being a lovable and valuable person.
	Seek recognition and praise to overcome feeling less than.	I seek my own approval first, and examine my motivations carefully when I seek approval from others.
Have difficulty admitting a mistake.	I continue to take my personal inventory, and when I am wrong, promptly admit it.	

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## Recovery Patterns of Codependence

	Codependents often...	In Recovery...
<b>Low Self-esteem Patterns</b>	Need to appear to be right in the eyes of others and may even lie to look good.	I am honest with myself about my behaviors and motivations. I feel secure enough to admit mistakes to myself and others, and to hear their opinions without feeling threatened.
	Are unable to identify or ask for what they need and want.	I meet my own needs and wants when possible. I reach out for help when it's necessary and appropriate.
	Perceive themselves as superior to others.	I perceive myself as equal to others.
	Look to others to provide their sense of safety.	With the help of my Higher Power, I create safety in my life.
	Have difficulty getting started, meeting deadlines, and completing projects.	I avoid procrastination by meeting my responsibilities in a timely manner.
	Have trouble setting healthy priorities and boundaries.	I am able to establish and uphold healthy priorities and boundaries in my life.
<b>Compliance Patterns</b>	Codependents often...	In Recovery...
	Are extremely loyal, remaining in harmful situations too long.	I am committed to my safety and leave situations that feel unsafe or are inconsistent with my goals.
	Compromise their own values and integrity to avoid rejection or anger.	I am rooted in my own values, even if others don't agree or become angry.
	Put aside their own interests in order to do what others want.	I consider my interests and feelings when asked to participate in another's plans.
	Are hypervigilant regarding the feelings of others and take on those feelings.	I can separate my feelings from the feelings of others. I allow myself to experience my feelings and others to be responsible for their feelings.
	Are afraid to express their beliefs, opinions, and feelings when they differ from those of others.	I respect my own opinions and feelings and express them appropriately.
	Accept sexual attention when they want love.	My sexuality is grounded in genuine intimacy and connection. When I need to feel loved, I express my heart's desires. I do not settle for sex without love.
	Make decisions without regard to the consequences.	I ask my Higher Power for guidance, and consider possible consequences before I make decisions.
Give up their truth to gain the approval of others or to avoid change.	I stand in my truth and maintain my integrity, whether others approve or not, even if it means making difficult changes in my life.	

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### Recovery Patterns of Codependence

<b>Control Patterns</b>	<b>Codependents often...</b>	<b>In Recovery...</b>
	Believe people are incapable of taking care of themselves.	I realize that, with rare exceptions, other adults are capable of managing their own lives.
	Attempt to convince others what to think, do, or feel.	I accept the thoughts, choices, and feelings of others, even though I may not be comfortable with them.
	Freely offer advice and direction without being asked.	I give advice only when asked.
	Become resentful when others decline their help or reject their advice.	I am content to see others take care of themselves.
	Lavish gifts and favors on those they want to influence.	I carefully and honestly contemplate my motivations when preparing to give a gift.
	Use sexual attention to gain approval and acceptance.	I embrace and celebrate my sexuality as evidence of my health and wholeness. I do not use it to gain the approval of others.
	Have to feel needed in order to have a relationship with others.	I develop relationships with others based on equality, intimacy, and balance.
	Demand that their needs be met by others.	I find and use resources that meet my needs without making demands on others. I ask for help when I need it, without expectation.
	Use charm and charisma to convince others of their capacity to be caring and compassionate.	I behave authentically with others, allowing my caring and compassionate qualities to emerge.
	Use blame and shame to exploit others emotionally.	I ask directly for what I want and need and trust the outcome to my Higher Power. I do not try to manipulate outcomes with blame or shame.
	Refuse to cooperate, compromise, or negotiate.	I cooperate, compromise, and negotiate with others in a way that honors my integrity.
	Adopt an attitude of indifference, helplessness, authority, or rage to manipulate outcomes.	I treat others with respect and consideration, and trust my Higher Power to meet my needs and desires.
	Use recovery jargon in an attempt to control the behavior of others.	I use my recovery for my own growth and not to manipulate or control others.
Pretend to agree with others to get what they want.	My communication with others is authentic and truthful.	

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### Recovery Patterns of Codependence

<b>Avoidance Patterns</b>	<b>Codependents often...</b>	<b>In Recovery...</b>
	Act in ways that invite others to reject, shame, or express anger toward them.	I act in ways that encourage loving and healthy responses from others.
	Judge harshly what others think, say, or do.	I keep an open mind and accept others as they are.
	Avoid emotional, physical, or sexual intimacy as a way to maintain distance.	I engage in emotional, physical, or sexual intimacy when it is healthy and appropriate for me.
	Allow addictions to people, places, and things to distract them from achieving intimacy in relationships.	I practice my recovery to develop healthy and fulfilling relationships.
	Use indirect or evasive communication to avoid conflict or confrontation.	I use direct and straightforward communication to resolve conflicts and deal appropriately with confrontations.
	Diminish their capacity to have healthy relationships by declining to use the tools of recovery.	When I use the tools of recovery, I am able to develop and maintain healthy relationships of my choosing.
	Suppress their feelings or needs to avoid feeling vulnerable.	I embrace my own vulnerability by trusting and honoring my feelings and needs.
	Pull people toward them, but when others get close, push them away.	I welcome close relationships while maintaining healthy boundaries.
	Refuse to give up their self-will to avoid surrendering to a power greater than themselves.	I believe in and trust a power greater than myself. I willingly surrender my self-will to my Higher Power.
	Believe displays of emotion are a sign of weakness.	I honor my authentic emotions and share them when appropriate.
Withhold expressions of appreciation.	I freely engage in expressions of appreciation toward others.	

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## GETTING STARTED WORKING STEPS 1, 2, & 3 USING THE 30 QUESTIONS

**SUGGESTED METHOD FOR BEGINNING TO WORK  
THE TWELVE STEPS OF CO-DEPENDENTS ANONYMOUS  
WITH A SPONSOR, A CO-SPONSOR, OR A STEP STUDY GROUP**

In CoDA, there are many suggested ways to find a sponsor and work the Twelve Steps. We lovingly offer this tool as a way to aid our CoDA communities in accomplishing our primary purpose – to carry the CoDA message to the codependent who still suffers. The 30 Questions offer a simple strategy for sponsors, co-sponsors, or Step study groups to set healthy boundaries, have clarity of goals, and get their needs met for support and flexibility. As a CoDA member commits to start working the program using this method, the 30 Questions and My Daily CoDA Program Journal will move them through Steps One, Two, and Three using *Co-Dependents Anonymous* (the CoDA blue book) as the reference. Also, three other recovery tools are introduced: developing a personal "Power of Five" support group, taking care of ourselves by calling a "HALT", and using a "God Box" to "Let Go and Let God."

After using these 30 questions to get started, existing CoDA conference endorsed literature can be used to work through rest of the Twelve Steps; (i.e.: *Co-Dependents Anonymous*, or *The Twelve Steps and Twelve Traditions Workbook*, etc.) Thank you to long-time sponsors who contributed to the development of this tool by sharing their experience, strength, and hope.

**Keep Coming Back! It works if you work it,  
so work it, 'cause YOU'RE WORTH IT!!**

### How to Get Started:

- Attend CoDA meetings as often as possible (in person, phone, internet) because that presents the opportunity for meeting others in recovery. Take note of who shares on sponsorship, working the Twelve Steps, boundary setting, and using recovery tools. This will help you find those who might assist you in your recovery. If these topics are not discussed at your meeting, ask "Why not?" or find a different meeting. Not all meetings are created equal.
- Take your time and be patient with yourself. You can find someone to work the 30 Questions with by keeping your eyes and ears open. Allow your Higher Power space to work in your life. Maybe you can start a Step study group? Keep track of your recovery progress on My Daily CoDA Program Journal (see page 4). It outlines what working the CoDA recovery program generally consists of. Please note that it is not realistic to check all the boxes every day.

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### GETTING STARTED WORKING STEPS 1, 2, & 3 - USING THE 30 QUESTIONS

[Page Numbers refer to the CoDA Blue Book **THIRD EDITION**.]

## **Sponsorship**

Sponsors are people within the CoDA program who help guide us through the Twelve Step recovery process. They are people whose personal recovery is a priority and they know that they have to "give it away to keep it." Through the process of recovery and seeing their own lives becoming more happy and fulfilling they are willing to share their experience, strength, and hope with still-suffering codependents (Tradition Five) as a sponsor, co-sponsor, or step study group member. Sponsors work to remain objective and detached from feeling responsible for the happiness or recovery of others. They refrain from acting in abusive, critical, or controlling ways. It is not their job to fix, rescue, perform therapy, or manipulate others for their personal gain. Sponsors are role models for recovery, sources of loving support, and respectful of the anonymity and individual pace of others working the program.

## **Commitment By Participants in this Process:**

- Make a plan for how to work the questions. Suggested time frame: Ponder each question and literature reading for at least 24 hours, then spend 30-45 minutes writing out the answers. Next share what is written for another 15 minutes and receive the next question. Of course each person can decide what will work best for them.
- Have a plan for how to work a question if the sponsor, co-sponsor, or group is not available.
- Agree that anonymity and confidentiality will be practiced throughout the process by all members involved.
- Agree to develop a "Power of Five" support network, i.e. to reach out regularly to at least five contacts in recovery.
- Agree that this is not work to be done with family members.
- Agree that the sponsee, co-sponsor, or group can end the 30 Question process at any time by written or verbal agreement.

## **Benefits of Using the 30 Questions Tool:**

- Keeps all members focused on a clear path of recovery.
- Introduces new members to active recovery and prepares the newcomer for working Step Four.
- Teaches new members that recovery takes time and daily commitment, not just an hour a week at meetings.
- Teaches newcomers to use the Tools of Recovery: *Co-Dependents Anonymous* ("the CoDA blue book"), *The Twelve Steps & Twelve Traditions Workbook*, and other CoDA conference endorsed literature.
- Demonstrates using healthy interaction with others and continuous commitment to the process.
- Starts newcomers listening and testing their understanding with such statements as: "This is what I thought I heard you say. Is this what you said?"
- Deepens commitment to continuing recovery work, going to meetings for help and support, finding new tools and knowledge, and becoming the best each of us can be.
- Provides a model for giving back through future sponsorship.
- Reminds us that we are not alone on this journey of recovery.

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### **GETTING STARTED WORKING STEPS 1, 2, & 3 - USING THE 30 QUESTIONS**

[Page Numbers refer to the CoDA Blue Book **THIRD EDITION.**]

## **Goals:**

### **Sponsor:**

- I will share with newcomers how I work my Twelve Step program.
- I will share what I was like then and what I am like now.
- I will share as a Twelve Step “guide,” not as a “friend” or “Higher Power”.
- I will share in “I” statements while recognizing the importance of CoDA unity.
- I will share tools I have added to my recovery tool box and share how I use these tools today.
- I will practice healthy boundaries and be respectful of others’ reality.
- I will remember: Progress, not Perfection!

### **Sponsee, Co-Sponsor, & Step Study Group Members**

- I will be open to new ideas.
- I will do the work.
- I will contemplate each question for at least 24 hours.
- I will call at the time I have agreed to.
- I will share for 15 minutes during my call and request the next question.
- I will practice “HOW” – Honesty, Open-mindedness, and Willingness.
- I will leave the “Well, but” and “Only if” excuses behind.
- I will be respectful of time and space for all.
- I will not overwork my answers to the 30 Questions.
- I will use consistent baby steps; this work is not designed to take over my life.
- I will allow the healing process to go as deeply as possible in the time allowed.
- I will trust the process knowing that if more healing work needs to be done on any particular issue, it will come up again.
- I will share my new tools with others.
- I will remember: Progress, not Perfection!

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## **GETTING STARTED WORKING STEPS 1, 2, & 3 - USING THE 30 QUESTIONS**

[Page Numbers refer to the CoDA Blue Book **THIRD EDITION.**]

<i>My Daily CoDA Program Journal</i> <i>Month of: _____</i>												
	Prayer & Meditation	Attend Meetings	Twelve Step Work	Program Calls	Read CoDA Books & Literature	Awareness of my Feelings & Needs	Journal Writing	Setting Healthy Boundaries	Self-Care: Fun, Play & Relaxation	Family of Origin Work	CoDA Service Work	Self-Talk with Gentleness & Humor
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**GETTING STARTED WORKING STEPS 1, 2, & 3 - USING THE 30 QUESTIONS**

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