



CoDA Service Conference 2016

Update the Affirmations Page of coda.org

Committee: CoDA Literature Committee

Date: 08/18/16

Motion Number: (data entry purpose only): 2

Result (data entry purpose only):

Motion:

Update the Affirmations web page to:

Positive Affirmations of Co-Dependents Anonymous

These affirmations are just a small sampling from CoDA's *Affirmations Booklet*, which is available for purchase through CoRe.

- Good things come my way and I am grateful.
- I am grateful for all that I am.
- I am enough and I have enough.
- My direction and path in life become clear to me through my higher power.

Many members will want to write their own, personal affirmations. Meetings may also opt to collect or create their own lists. Other CoDA sources of affirmations include the booklets *Newcomer's Handbook* and *Making Choices* available for purchase, or [The 12 Promises](#), and [Recovery Patterns of Codependents Anonymous](#) available on this website.

Intent:

1. To respond to Motion 14102.

At the 2014 CSC, the following Board motion was approved:

We move that CSC (CoDA Service Conference) direct Literature Committee or another committee they see to be appropriate to extend the list of "Positive Affirmations of CoDA" that are on the CoDA website under Meeting Docs. This "list" of affirmations could come from "The Affirmations Booklet", and will be a service document that CoDA groups could download and use at meetings.

2. To replace the word “deserve” in the first affirmation so as to remove any suggestion of entitlement and replace it with humility.

Remarks:

1. The Literature committee believes that it is important to encourage the use of existing CoDA literature. This motion is one way to this do this.

2. “The 12 Promises” and “Recovery Patterns of Codependents Anonymous” should be links to the corresponding pages on the coda.org website.

3. The current web page reads as follows:

Positive Affirmations of Co-Dependents Anonymous

These affirmations are just a small sampling from CoDA's "The Affirmations Booklet", which is available for purchase through CoRe.

- Good things come my way. I hold each one close because I deserve it.
- I am grateful for all that I am.
- I am enough and I have enough.
- My direction and path in life become clear to me through my higher power.

4. The Affirmations web page can be found at
http://coda.org/default/assets/File/Literature/CoDA_Affirmation.pdf.
