

Note: This literature is not CoDA-approved, but this group uses it at meetings because the members have found it to be helpful for newcomers and others seeking recovery from codependence.

CoDA Bill of Rights

1. I have numerous choices in my life beyond mere survival.
2. I have the right to grieve over what I did not get that I needed or what I got that I did not need.
3. I have a right to follow my own values and standards.
4. I have a right to say no to anything when I feel I am not ready it is unsafe or it violates my values.
5. I have a right to dignity and respect.
6. I have a right to make decisions.
7. I have a right to determine and honor my own priorities.
8. I have a right to have my needs and wants respected by others.
9. I have the right to terminate conversations or relationship with people when I feel put down or humiliated by them.
10. I have the right not to be responsible for others' behaviors, actions, feelings or problems.
11. I have the right to make mistakes.
12. I have the right to expect honesty from others.
13. I have the right to my feelings.
14. I have the right to be angry with someone I love.
15. I have the right to be unique.
16. I have the right to be scared and to say "I am afraid".
17. I have the right to let go of fear, shame and guilt.
18. I have the right to change my mind at any time.
19. I have the right to be happy. I can be healthier than those around me.
20. I have the right to stability, "roots" and healthy relationships of my choosing.
21. I have the right to my own personal space and time needs.
22. I do not need to smile when I cry.
23. I can be relaxed, playful and frivolous.
24. I have the right to a peaceful environment.