

Step Prayers of CoDA

1 In this moment, I do not have to control anyone, including me. And if I feel uncomfortable with what another person is doing or not doing, I can remind myself that I am powerless over this person and I am powerless over my compulsion to act in inappropriate/*unhelpful* ways.

2 In this moment, I can believe that I am never alone; I can experience the sense of freedom that having a Higher Power offers me. I can remind myself that believing is also an action, and if I am willing to practice it, one moment at a time, I will develop faith.

3 In this moment, I can choose my own Higher Power. I can set aside all the old beliefs about who I am not and be who I am—a child of God. I can remind myself that a faith in a Higher Power becomes a faith in me, and that my recovery lies in being true to myself and to my Higher Power.

4 In this moment, I am willing to see myself as I truly am: a growing, unfolding spiritual being resting in the hands of a loving God. I can separate who I am from what I've done knowing that the real me is emerging—loving, joyful, and whole.

5 In this moment, I will acknowledge myself for doing what was most difficult for me. I will rest in the accepting presence of my Higher Power. I know I have deepened my commitment to the journey of recovery by opening my self and my heart to a fellow human being.

6 In this moment, I am entirely ready to be freed of all my shortcomings. In this moment, I am ready to surrender these defects of character to God, knowing that the power of willingness to heal is great. Each new Step I take in my recovery, no matter how small it may appear, is an affirmation of my wholeness.

7 In this moment, I ask my Higher Power to remove all of my shortcomings, relieving me of the burden of my past. In this moment, I place my hand in God's, trusting that the void I experience is being filled with my Higher Power's unconditional love for me and those in my life.

8 In this moment, I see the impossible become not only possible, but real. As I forgive myself for my shortcomings, I am able to forgive others, opening the way for the true and lasting change in my behavior. Thank you, God.

9 In this moment, I trust my Higher Power to guide me in making sincere and honest amends. In this moment, I experience my gratitude for Co-Dependents Anonymous and the Twelve Steps of recovery, knowing that as I am willing to live this program, share the fellowship and walk with God, I am free.

10 In this moment, I live my life in a new way. As I continue to open my heart and mind, little by little, one day at a time, I reveal my true self, mend my relationships, and touch God.

11 In this moment, I quiet my thoughts and open my mind and heart to God's guidance for me. In this moment, I feel the gentle peace that conscious contact with God allows. If I am troubled and in doubt or if I am joyful and serene, I turn to God. I know my path will be revealed and the way to my highest good will be made known.

12 In this moment, I thank God for my spiritual awakening. In this moment, I choose to live all the principles of this simple program. I know the wisdom working through me will touch all I meet with God's love and understanding. I am at peace.
Source: Twelve Steps Handbook, Co-Dependents Anonymous