



Codependents Anonymous

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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.

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