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. Co-Dependents 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.

For more information about the CoDA program of recovery:
- Co-Dependents Anonymous ("the blue book")
- Attending Meetings
- Welcome to CoDA
- Am I Codependent?
- Newcomer Handbook
- Building CoDA Community: Healthy Meetings Matter

THE TWELVE STEPS AND TWELVE TRADITIONS of Co-Dependents Anonymous

This pamphlet contains the four foundational documents which are read at every CoDA meeting.
What is CoDA?

Co-Dependents Anonymous, CoDA, is a fellowship of people whose common purpose is to develop healthy and loving relationships. CoDA was founded in the mid 1980’s in Phoenix, AZ, by individuals in Alcoholics Anonymous, AA, who saw the need for a recovery program for people in dysfunctional relationships. For the purpose of founding CoDA, members adapted, with permission, The Twelve Steps and Twelve Traditions of AA and wrote The Preamble and The Welcome. The founders wrote CoDA’s basic text, Co-Dependents Anonymous, also known as “the blue book” and “the big book.”

The CoDA Fellowship continues to grow and is comprised of meetings all around the world. CoDA is not a replacement for CoDA, we each realize a new joy, acceptance, and serenity in our lives.

The Welcome of Co-Dependents Anonymous

We welcome you to Co-Dependents Anonymous, a program of recovery from codependence, where each of us may share our experience, strength, and hope in our efforts to find freedom where there has been bondage and peace where there has been turmoil in our relationships with others and ourselves. Most of us have been searching for ways to overcome the dilemmas of the conflicts in our relationships and our childhoods. Many of us were raised in families where addictions existed — some of us were not. In either case, we have found in each of our lives that codependence is a most deeply rooted compulsive behavior and that it is born out of our sometimes moderately, sometimes extremely dysfunctional family and other systems. We have each experienced in our own ways the painful trauma of the emptiness of our childhood and relationships throughout our lives.

We attempted to use others — our mates, friends, and even our children — as our sole source of identity, value, and well being, and as a way of trying to restore within us the emotional losses from our childhoods. Our histories may include other powerful addictions which at times we have used to cope with our codependence.

We have all learned to survive life, but in CoDA, we are learning to live life. Through applying the Twelve Steps and principles found in CoDA to our daily life and relationships — both present and past — we can experience a new freedom from our self-defeating lifestyles. It is an individual growth process. Each of us is growing at our own pace and will continue to do so as we remain open to God’s will for us on a daily basis. Our sharing is our way of identification and helps us to free the emotional bonds of our past and the compulsive control of our present.

No matter how traumatic your past or despairing your present may seem, there is hope for a new day in the program of Co-Dependents Anonymous. No longer do you need to rely on others as a power greater than yourself. May you instead find here a new strength within to be that which God intended — precious and free.