

# CoDA Endorsed Literature

Numbers = CoRe Ordering Numbers

Web = Available at coda.org

Items in *Italics* are available in Spanish

Item number	PAMPHLETS: Single page, z-folded CoDA literature
4001 & Web	<i>“Welcome to Co-Dependents Anonymous” (rev. 2023)</i> - Includes four major building blocks of recover in the CoDA program: attending meetings, sponsorship, working The Twelve Steps, and following The Twelve Traditions in service.
4002 & Web	<i>“Am I Codependent?”</i> - Lists patterns and characteristics of codependency.
4003 & Web	<i>“Attending Meetings”</i> - Explains how CoDA meetings work and how to participate.
4004 & Web	<i>“Sponsorship in CoDA”</i> - An overview of the principles of sponsorship.
4005 & Web	<i>“Communication &amp; Recovery”</i> - A look at old (codependent) patterns of communication & how healthier communication can be learned.
4009 & Web	<i>“Using the Twelve Traditions”</i> - An explanation of each of the Twelve Traditions and how to apply them.
4010A/S & Web	<i>“What is CoDA?”</i> - An introduction to Co-Dependents Anonymous. Introduces an introduction and CoDA's four foundational documents: Preamble, Welcome, Twelve Steps, and Twelve Traditions.
4011 & Web	<i>“Your First Meeting”</i> - A pamphlet aimed at clients of professionals and new members.
4012 & Web	<i>“Information for Professionals”</i> - An introduction of Co-Dependents Anonymous for the Professional. Ideal for counselors, doctors, or other professionals working in the recovery field. Combined with “Your First Meeting” it makes excellent Outreach Material.
4013 & Web	Reparenting our Inner Child <b>*New CSC2023*</b>
4014 & Web	CoDA Conference Endorsed Literature Vital Pamphlet
4104 & Web	<i>“Establishing Boundaries in Recovery”</i> - <b>* Updated 2023</b> . An explanation of boundaries, an exploration of different types of boundaries and how they can be established and maintained in a healthy way.
Web	Getting Started Working Steps 1, 2, 3: Using the Thirty Questions
Web	Using The Forty Questions: Working Steps 4 and 5 <b>*New CSC2023</b>
Web	Recovery From Codependence: A Brief Introduction
Web	“Twelve Tips for Sponsors”
Web	Recovery I Patterns
Web	Recovery We Patterns

Item number	<b><u>BOOKLETS - - Multi-page, stapled CoDA literature</u></b>
4016	<b><u>Tools for Recovery</u></b> - Members share experience, strength & hope about different tools they've found useful in their recovery.
4017	<b><u>Common Threads of Codependency</u></b> - Codependents talk about their codependency, recovery, relapse and authenticity.
4018	<b><u>Experiences with Crosstalk</u></b> - Experience, strength, and hope on what crosstalk is and how some members deal with it.
4019	<b><u>Making Choices in Recovery: Positive Affirmations for Working on Our Shortcomings</u></b> - may be particularly helpful for those working Steps Six and Seven.
4020	<b><u>Carrying the Message: Living the Twelfth Step</u></b> - Practical examples of healthy service work essential to the continuation of any meeting and to CoDA as a whole. How to say "yes" to service work.
4021	<b><u>Peeling the Onion</u></b> - Codependents look at love, sex, & relationship addiction and avoidance.
4022 & Web	<b><u>Building CoDA Community: Healthy Meetings Matter</u></b> - Recommendations that contribute to safe, strong, healthy meetings.
4023	<b><u>Sponsorship: What's In It For Me?</u></b> - Addresses both sides of sponsorship. Explains why we need sponsors and identifies some of the personal benefits gained from sponsoring others.
4024	<b><u>The Twelve-Piece Relationship Toolkit</u></b> - The purpose of this booklet is to serve as a companion to CoDA's Twelve Steps and Twelve Traditions Workbook in support of our Tradition Three, a desire for healthy and loving relationships.
4025	<b><u>Traditionally Speaking: Finding Solutions</u></b> , It expands our understanding of CoDA's Twelve Traditions. Members share their experience in applying the spiritual principles of CoDA meetings and service work to improve all their relationships: in CoDA, at home, at work, and everywhere.
4101	<b><u>Newcomer Handbook</u></b> - <b>*Updated 2023</b> , A detailed description of the five parts of the CoDA recovery program. Includes copies of key documents used in recovery and meetings. Now in booklet size for easier reading.
4103	<b><u>Twelve Steps Handbook</u></b> - A detailed look at each of the Twelve Steps and how they apply to daily life.
7001	<b><u>Affirmations Booklet</u></b> - A pocket-size collection of positive affirmations for recovering codependents.
7003R	<b><u>CoDA Book of Prayers</u></b> – Opening, Closing, Serenity, Steps and Making Choices Prayer

Item number	<u>BOOKS/WORKBOOKS</u>
1002	<u><b>Co-Dependents Anonymous</b></u> , "the CoDA book"- Written by the founders of Co-Dependents Anonymous, this book contains in-depth readings for all aspects of working our recovery program, along with personal stories from early members. It includes CoDA's Preamble, Welcome, Twelve Steps, Twelve Traditions, Twelve Promises, Twelve Service Concepts, and our opening and closing prayers. All meetings are required to have and read from this text.
1003	<u><b>CoDA Pocket Edition Book</b></u> - Same content as in the Co-Dependents Anonymous book, without the personal stories.
1011	<u><b>In This Moment Daily Meditation Book</b></u> - Has a meditation for each day of the year, written by codependents for codependents.
6005	<u><b>The Twelve Steps &amp; Twelve Traditions Workbook of Co-Dependents Anonymous</b></u> <b>-(rev. 2023)</b> Guides the reader through the Steps & Traditions with a brief explanation followed by a series of questions. For individual or group study. Spiral bound.
6006	<u><b>Growing Up in CoDA</b></u> <b>*New CSC2023*</b>
7004	<u><b>Joy in the Journey, Recover with Color</b></u> – CoDA Coloring Book
<b>Item number</b>	<b><u>CoDA SPECIAL ITEMS/Other Materials to Download from coda.org</u></b>
2001 & Web	<u><b>Fellowship Service Manual (FSM)</b></u> - The structure of CoDA worldwide, the Board and Committees which serve the fellowship and guidelines for all levels of service from the home group to CoDA Service Conference (CSC). Free download available at <a href="http://www.coda.org">www.coda.org</a> .
2002 & Web	<u><b>CoDA Meeting Handbook</b></u> - CoDA program information, general information and documents to start and run a CoDA meeting. (FSM – Part 2) Free current download available at <a href="http://www.coda.org">www.coda.org</a> .
2005 & Web	<u><b>Institutional Meeting Handbook</b></u> - CoDA Institutional Meeting Handbook – CoDA program information & general information for having a CoDA meeting in jails, prisons, and institutions.
7002	<b>Serenity Bookmarks</b> (set of four)
Web	<b>“Dealing With Disagreements”</b> – Issues Mediation Committee
Web	<b>CoDA Guidelines for Anonymity in Social Media</b>
Web	<b>CoDA Guidelines for Following the Twelve Traditions in Service Work</b>
Web	<b>Working the Steps as a Group</b>

<b>Item number</b>	<b><u>Individual Documents for Meetings</u></b>
Web	<u>Twelve Steps of Co-Dependents Anonymous (Required for every meeting)</u>
Web	<u>Twelve Traditions of Co-Dependents Anonymous (Required for every meeting)</u>
Web	<u>Welcome to Co-Dependents Anonymous (long version) (Required for every meeting)</u>
Web	<u>Welcome to Co-Dependents Anonymous (short version)</u>
Web	<u>Preamble of Co-Dependents Anonymous (Required for every meeting)</u>
Web	<u>Twelve Service Concepts - Alive and Strong</u>
Web	<u>Twelve Promises of Co-Dependents Anonymous</u>
Web	<u>Patterns and Characteristics of Codependence 2010</u>
Web	<u>Patterns and Characteristics of Codependence 2011(2015)</u>
Web	<u>Recovery Patterns of Codependence</u>
Web	<u>Codependency &amp; Recovery – The differences</u>
Web	<u>Group Inventory Guidelines</u>
Web	<u>“For Safety Sake” tent card</u>
Web	<u>Affirmations</u>
Web	<u>Crosstalk</u>
<b>Item number</b>	<b><u>Prayers</u></b>
Web	<u>Opening Prayer</u>
Web	<u>Serenity Prayer</u>
Web	<u>Longer Serenity Prayer</u>
Web	<u>Third Step Prayer</u>
Web	<u>CoDA Step Prayers</u>
Web	<u>Closing Prayer</u>
Web	<u>Recovery Prayer</u>
Web	<u>Prayers for the Twelve Traditions</u>
Web	<u>Service Prayer</u>
Web	<u>A prayer for healing</u>
<b>Item number</b>	<b><u>CoDA Teen Materials</u></b>
Web	<u>What is CoDA Teen? *New 2024</u>
Web	<u>CoDAteen pamphlet</u>
Web	<u>CoDAteen meeting handbook</u>
Web	<u>CoDAteen step study guide</u>
<p><b>Helpful Websites for reference:</b></p> <p>CoDA Fair Use Policy - <a href="https://coda.org/fair-use-policy/">https://coda.org/fair-use-policy/</a></p> <p>CoDA Resource Publishing – Sells CoDA Endorsed Literature – <a href="http://corepublications.org">corepublications.org</a></p>	