



Meeting in Print
September 2024 (Ed. 32)
"Pathway to Recovery"

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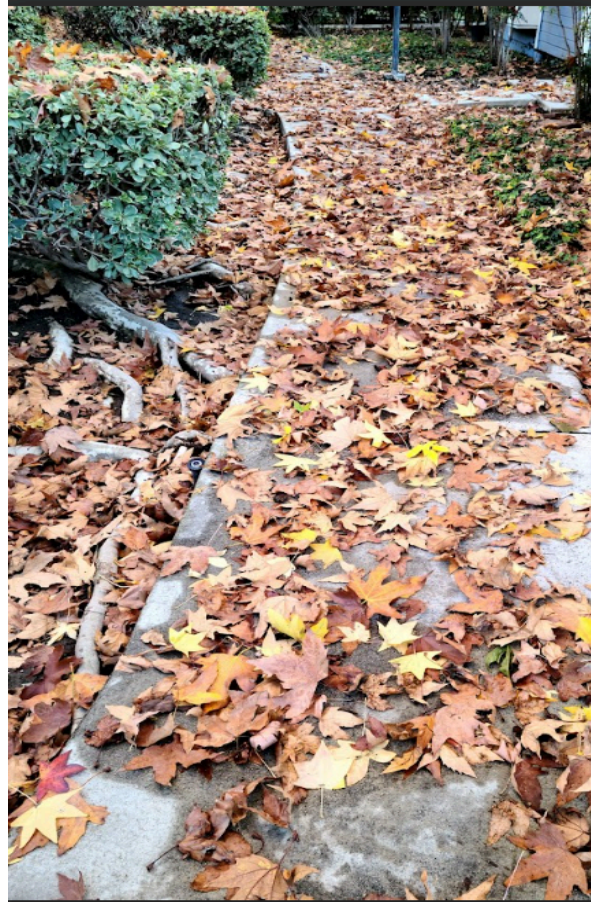
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- *Jim H*

Greetings from your CoDA Co-NNections Committee

Welcome to the quarterly issue of Meeting in Print, a CoDA recovery and support publication. Recovery is for everyone, and we hope you enjoy reading these shares. Meeting in Print contains CoDA-approved literature, as well as shares, uplifting quotes and artistic material from CoDA members. We hope you find this issue both enjoyable and insightful. Please feel free to contact us with comments and suggestions – and, as always, *your contributions!*

Warmly,

Your Meeting in Print Subcommittee

Opening Readings

The Preamble of Co-Dependents Anonymous

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery – learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors. We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom.

These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege. This renewal process is a gift of healing for us. By actively working the program of Co-Dependents, we can 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 families 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.

The Twelve Steps of Co-Dependents Anonymous

1. We admitted we were powerless over others - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
6. We're entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.

The Twelve Traditions of Codependents 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 nonprofessional, 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, films, television, and all other forms of public communication.
12. Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

Community Shares

“Letting Go”

Hi, my name is Heidi...

It's time to let go, it's time to move on. I'm not forcing it, I've done so much CoDA recovery work to get to this point and I can see now that it's time. I thought letting go would look a certain way, I thought it would be me blocking him on my phone, and that would be that. It ended up being so much more, starting with a debris pile in my backyard. I just thought it was time to tackle this pile, not realizing that in doing so, I would provide myself with a new sense of freedom. I would allow myself to let go.



- Heidi. W

This debris pile has accumulated over the last 6 years, and I allowed that to happen. He took care of the yard when he was here, and when he didn't feel like dealing with fallen branches, tree limbs or leaves, he put them in this pile, to be taken care of at a later time. Sometimes he cleared parts of the pile, but it never went away completely and over time it continued to grow. This pile started representing to me all of the broken promises, the dreams and stories that never came true. I kept waiting for him to take care of the pile, I nagged, I tried to control, and ultimately I looked the other way. He has been gone for almost a year, and I have done nothing, until now, to take care of this situation.

I have looked at that pile daily, I have a clear view of it from my bedroom window, and from my kitchen sink. Each time that I look at it, it's with disgust, and a feeling of being so overwhelmed with the task of removing it. The tree limbs, the branches, the leaves - they were all pretty at one time, but the sum of the mess is a mess, and to me it symbolizes all of the resentments that I have carried with me for those unmet promises. All of the expectations that I had, that ultimately became resentments, and an ugly pile of debris.

I didn't plan it. I didn't try to control it. But today was the day. I see now that it's no coincidence that my daughter was away for a few days, and this is the first time that I can remember having the house all to myself for an extended period of time. I thought of things that I would do with this time, and tackling the pile was nowhere on the list, but I woke up and decided today is the day. I would no longer think of who I can get to do this for me, I would no longer drop hints to my kids to help me, I realized it was up to me, and due to my CoDA recovery, I knew I had the power within me all along, yet I've been looking to others to save me. It's time to save myself.

“The Sticks and the Logs”

I started with the sticks and logs on top of the pile. As I removed them one by one I realized that this is the surface stuff. I thought the sticks would be the hardest part, they were so heavy. Once I started though, I felt more and more empowered. It was up to me to decide what to do with each one. Some went into the creek, some I broke up and put into a bag, and some went into the fire pit. I started a beautiful fire, something I have never done before. Something that would have scared me before my recovery work. I listened to the beautiful crackling, smelled the fire and also felt the stinging in my eyes and in my throat. This was not easy, but it was in my power to remove the sticks and the logs. I decided that the sticks and the logs represented addiction, the lies, the disappointments. All of the stuff that he had done to me.



Heidi. W

“The Leaves and the Dirt”

Next came the leaves, under all of those sticks and logs. Now I had to dig deeper, I had to rely on all that I had learned through my CODA recovery work. The leaves represented my shame for allowing all of those things to happen to me. The feelings of not being good enough, of abandoning him, of not being able to fix him. The shame of believing that I ever had the power to do any of that. The leaves were actually harder to remove than the sticks and the logs. I had to rake them up, I had to put them in bags, I had to drag the bags to the garage. I had to be intentional, but as I dug deeper and deeper, relying on all that I have learned from my CoDA sponsor and my CoDA recovery journey, it actually became easier, I was able to see my progress and keep going. Mixed in with the leaves was a lot of dirt and even some weeds. The dirt was my grief, my sadness, the loss of a dream. I was able to remove some of the dirt with the leaves, but much of it will remain.

The dirt will always be there, but I can plant grass and even flowers, and I can make a new life for myself, from this dirt. The grief and sadness, the dirt, will never go away completely, but I don't have to look at it every day. This grief and sadness can be turned into something beautiful and can be the start of something new. All of the experiences that have brought me to this place of grief, all of the CoDA work that I have done as a result of that, have made me the person that I am today, and I wouldn't want them to just go away.

Under all of those logs and leaves and dirt was quite unexpected, a very large pile of very large rocks. I had no idea that those rocks were even there, under the debris. I don't know why he started this pile with all of these rocks, I don't know where they came from, and it doesn't matter at all. What matters is that they are here now, and it is up to me to take care of them, to take care of me. It's time to dig even deeper. As I look at the pile of rocks, I decide that tomorrow I will remove them. The rocks symbolize my last connection to him, and tomorrow they will go away.



- Heidi. W

“The Rocks”

So this morning I woke up to tackle the last part of the mess, the debris pile, otherwise known as my relationship with him. When I removed the sticks and the leaves over the last two days, I thought that the hard part was done, and today I would just move the remaining rocks. The sticks represented the surface stuff, and the leaves were my shame. I thought this morning I would clear away the rocks, which I thought was my last connection to him, and I could be done. I did remove the rocks, but I was mistaken about what they represent in my story.

I put on my work gloves and dragged the wheelbarrow over to the rocks. My plan was to load up the wheelbarrow, probably 3 or 4 times, and place the rocks in an area of the yard that I don't need to look at. Higher Power had other ideas for sure. HP was not allowing me to take the easy way out for this remaining, most important step. I regrouped, I dug deep, remembering all that I have learned through my CoDA recovery journey, and developed a new plan. I decided that these rocks represent parts of my journey, and they should not be hidden away, but they should be put in a proper place, and should definitely be cleared out to make room for better things. I created a small rock wall on the side of my yard. It's not a part of the yard that I look at every day, I can't see it from the house, but I can visit it, and I can make it into something new, something beautiful, and yet not forget the moments that brought me to this beautiful place in my life.



- Heidi. W

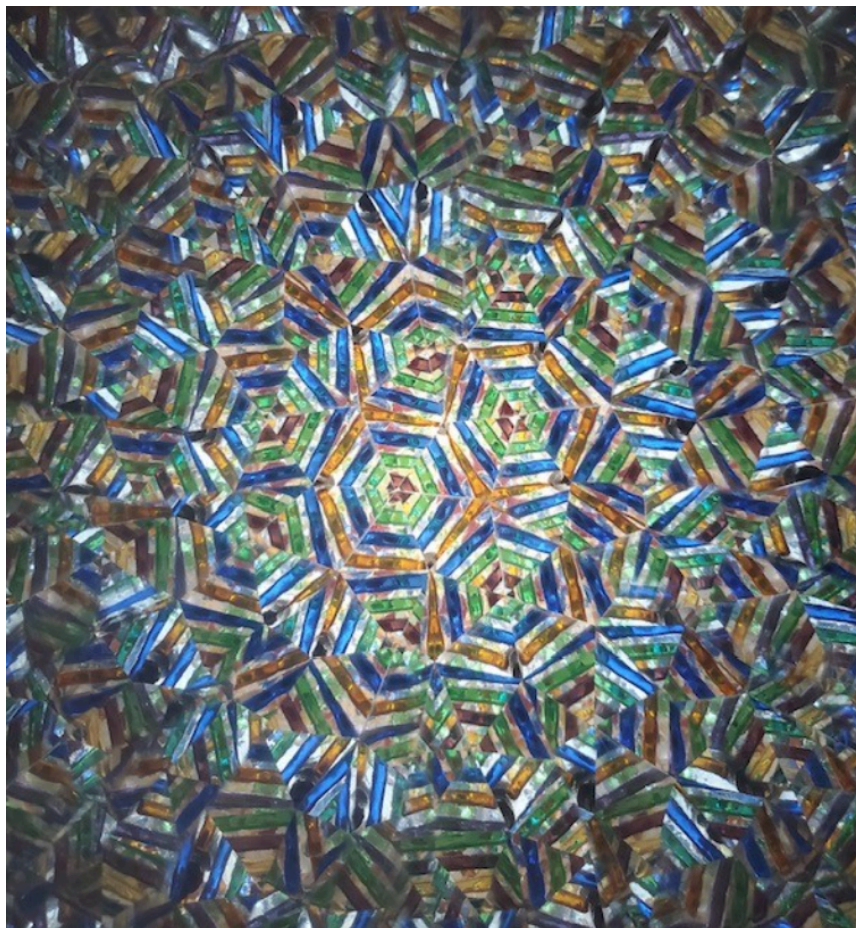
For each rock that I moved, I thought of a time that I'd been hurt, and I let it go. The memories started with things that he did wrong to hurt me. As I continued and let my thoughts flow without trying to control them, I started letting go of my complicity in these hurts. How I abandoned myself, how I abandoned my children at times, and how I allowed this to continue happening. As I was having these thoughts, and making these amends with myself, the rocks were getting bigger, I was getting stronger. I even started to carry two at a time. I didn't get

tired from hours of lugging rocks, I got stronger, as I did as I worked each of the 12 Steps of CoDA. With each rock that I put down, I let go of the pain and the shame of allowing all of this to happen in my life. Those big rocks on the bottom that I couldn't move at first, turned out to be the happy memories, the laughter, the fun, the love, the dreams. I had to let them go too, and I did. The rocks are still there, in a different part of the yard.

Now the rocks are gone, and what's left? The roots are me though, the roots give the tree life, the roots are my connection to my Higher Power. The messiness is me, and I can now love that part of me. I cleared away all of that mess to make room for me.

Heidi, W.

8/28/2023



- Steve.S

“Growth Is Finding Happiness Within the Silence”

Hi, my name is Cat...

Coming out of a 40-year relationship Divorce hit hard. It's been 5 years now and I have recognized all the codependency that I grew up and repeated in the marriage. I almost contaminated my adult children during this time until I found the right therapy. Finally now at 63, through the CoDA Fellowship, I am learning to accept and pay attention to myself, without the voices that called me selfish. I wrote this poem tonight after a day of bawling my eyes out.

My journey to climb this tree to peace begins anew each morning of everyday
I awake each morning, no longer listening to the clock on my desk,
but to my own inner mechanism.

I know I am not the only one awake, and I find comfort in that.
I warm up some coffee and head to my favorite chair.
I read books of affirmations.
I reflect on my values.
I reflect on my growth.
I am on my journey to climb this tree to peace.

I push past the worms and insects that noisily try to weaken the tree.
Branch by branch I head up the limbs, until I can rest on the thickest branch.
The branch of my happy place.
I take note of the clouds.

I take note that I am finding comfort in knowing I am not ever really alone.
My heart may feel heavy some days, as my tree looks so different now.
It's aged and I am sure it has more rings than I would like.
But up I go, day after day, to find my happiness on this tree.

Eventually I found my way to a group of women.
We support each other in our journeys.
We climb past our traumas.
We battle through our tears, and we learn more each day.

We are not alone.
We are not our traumas.
We are not our past.
We are individual leaves on the same tree.
The tree of CoDA recovery

And if and when we fall, we scream.

But as we hit the pillow of leaves that has fallen before us,
We realize the journey down can be as rich in emotion as the climb towards the top.
So make the journey.
Be in the midst of the noise, and still be calm in your heart.

That is peace.

Cat, North Carolina
6/07/23



- *Jim H*

“I AM that True Love that Does Exist”

Hi, my name is Mia...

I had a clever way of pushing others away,

‘One day at a time’ gave me another day, another way to say,

‘I’m sorry’ to those I pushed away.

This recovery process is such a struggle.

I gotta say it’s too easy to go back to old patterns, old ways I would behave.

The difficulty is worth it though.

All this time, to meditate, to breathe, to pray. It’s like an inner awakening.

But self-destruction was the price I had to pay.

In codependency, I thought you would complete me,

In recovery, I clearly see that thinking that is insanity.

I must have my own time, for me, to guard against insanity.

Everyday doing a hobby, keeping busy, maintaining a routine.

For ME to heal from codependency, I have to see, you’re not my only reality,

You’re a percentage of it really, and the rest is for my sanity.

I know that true love exists, for I am a living example of this.

‘Love me, Love me!’ - I used to clench my fists.

Now I BREATHE, knowing that love is not missed.

Not found in a kiss, rather, right here, right now,

For I AM that True Love that does exist.

That other person is not me, that is how I return to sanity.

That invisible line I draw in my mind is there to remind me, protect me, and guide me,

As I heal this attachment and heal from codependency,
I return to a sense of health that sets me free.

No longer craving, or in desperate need,
No longer addicted to other people,

Rather, healed and free from codependency!

Mia, 5/11/23.



- *Caryn T.*

“Thank You, Higher Power”

Hi, my name is Shay and I'm codependent.

February 2022, while getting my car serviced one morning, I passed the time seeking CoDA. It was to serve as a tool to save my marriage because, the month before, my then husband had left a letter for me on the kitchen counter professing his marital unhappiness. CoDA didn't save my marriage. CoDA saved me instead.

I'd deceived myself by thinking that because my second husband was not a user and abuser of mind-altering substances, that I was not codependent. That delusion, combined with his suspected infidelity, our workaholicism, my anxious attachment style, and a life focused on our son's activities, created a breeding ground for marital drift. I thought we were merely in a phase but what was really happening was two people thinking they were functioning satisfactorily within dysfunction.

Nearly everything that I had allowed to define me, and my normalcy was about to be taken from me. To survive that devastation and come out thriving on the other side, I needed to try something else because church, therapy and medication weren't cutting it. I'd been in church since birth. I'd been in and out of therapy since my early 20s. I'd been on medication for anxiety since my mid-20s. None of those things prevented my unfortunate circumstances, so I knew they weren't the means to solve them. Thus, something had to change, and that something was...me.



- *Jim H*

For the next year, I immersed myself in all things CoDA. I attended nearly every Wednesday meeting. I bought and read the big book of *Co-Dependents Anonymous* and other recovery books. I volunteered by sharing documents in meetings and becoming the group's treasurer. I got a sponsor. I started working the 12 Steps.

My sponsor once said I was the only person she ever knew who read *Co-Dependents Anonymous* from cover to cover. The stories of experience, strength and hope in those books made recovery real and attainable for me. I needed to witness that *it works if you work it*.

So, *I worked it*. I wasn't yet convinced that I was worth it, but this was the kind of work my life depended on. Work that was priceless in comparison to a salaried paycheck for working 12-hour days and weekends. Work that left me raw, exposed, and vulnerable. Work that opened my eyes to the whys of my unwise behaviors so I could become wise.



- *Jim H*

Any work that I do successfully is grounded in habit, routines and extremes. I followed the same process for my recovery work. I read the daily meditations. Sometimes multiple times a day. I read meditations slated for different dates because I needed validation and hope for whatever uncomfortable emotion I was feeling on that exact date. I read other recovery content unrelated to CoDA to get me through the next minute, the next hour, the next day. I met weekly with my sponsor. I read more. I went to meetings when I didn't want to. I did the uncomfortable step work of self-reflection, family of origin and trauma because of the roller coaster I was on.

Riding a roller coaster for an adrenaline rush is much better than being forced onto one when you don't meet the height requirements and are already nauseous - meaning I was

ill-equipped to deal with this ride on my own in a healthy way. Previously used coping methods for kiddie rides were no match for this scandalous roller coaster.

Toxic coping methods were my personal contributions in building the faux amusement park in the first place. While I did not deserve what was happening, I owned where I failed in my marriage and as a wife and mother.

Our park was built on years of covert, passive-aggressive gaslighting, denial, avoidance, manipulation, and dishonesty, among traces of other -isms. I felt inferior, and out of fear, I chose to be at the mercy of someone who dictated the heights, dips, loop-de-loops, speeds, and directions. Due to my low self-esteem, I placed this person on an undeserved throne in a kingdom doomed for failure. Furthermore, there was a third passenger on this roller coaster, and I was more concerned with how the ride would affect him because of the stable foundation he had been provided his entire life. This ride was uncharted territory for him.

You see, I was used to relationships ending. Between fifth grade and my junior year of college - 10 years to be exact, I went through three divorces with my parents. In May 2004, I was within 10 days of marrying my first fiancé, called off the wedding, and returned every shower gift given to me by those who would accept it. My first husband and I were married in February 2006, and our divorce was final in March 2008. Six months later, I entered into one of the most toxic relationships of my entire life. That ended 18 months later after being “saved” by the man whose desire to divorce me after more than a decade of marriage brought me to CoDA in February 2022.



CoDA helped me deal with the whiplash, vomit and headaches while on the roller coaster of all time (and still helps me with the lingering effects of it). The longer I attended CoDA, the less dramatically the roller coaster impacted me. Just when I thought I was about to get off the ride, I experienced more twists and turns. I focused more on me and what I could control, which was my behavior and how I responded to events that were out of my control. I'd have thoughts and meltdowns. I'd share them with my sponsor. Then I'd be still...and wait.

My stillness saved me from making irrational decisions during emotionally charged moments. For example, I am so glad that I did not move from my current home of nearly 10 years to be closer to my son during our initial separation, which took him an hour from me. I am glad because within a year of his first move, he moved again an *additional* hour from me. Staying still enabled me to provide a comfortable familiarity for my adolescent son who had absolutely no control in the life decisions being made for him.



- Alison J.

The stillness and relying on my Higher Power also restored my faith in my intuition. Prior to coming to CoDA, I'd gotten so wrapped up in another's perception of me that I doubted myself and questioned my sanity. Since I was the one diagnosed with generalized anxiety disorder, on meds, and in therapy, how could I not be the weaker, unstable, irrational person? But my Higher Power showed up and showed out, all while I was being still, doing nothing to attempt to control outcomes. Information that I did not seek was provided to me unexpectedly in the mail and in random texts, emails and phone calls. Information that confirmed suspicions I'd had for years but had been gaslit to believe I was overanalyzing and paranoid. Those delayed confirmations were purposeful because my Higher Power knew when and what I was prepared to handle. Information that my Higher Power knew exactly when to reveal to me. Information that let me know I could, in fact, trust my gut and had been of sound mind all along.

As my healthy confidence grew and I began letting go and letting life, others began to notice a positive change in me. Many were baffled by how I was riding the roller coaster with grace instead of screaming and flailing about. They were unable to understand why I wasn't behaving like a scorned wife, demanding alimony and half his retirement, and launching a brutal custody battle. I gave the credit to CoDA and my Higher Power. Without those, I cannot imagine the financial, professional, and interpersonal messes I would be in today, most of all,

a potentially extremely damaged relationship with my son. Because of CoDA, I have shown others and my son how I then and now try my best to live life on life's terms, with a clear conscience. I want to leave my son with a legacy of using healthy coping skills to deal with life's unknowns. I want him to know he can be himself with me and talk about anything without fear of shame, guilt, or any of the other things passed down through generational trauma.

This isn't to say that I have done recovery perfectly. No one does. Part of my recovery is letting go of my need to be perfect. For once, I am not trying to win the prize, like being the first ever to finish the 12 Steps in record time. I am fine taking my time on Step Nine. I cannot define for certain the reason for the delay, but just like other things in my life, I am certain my amends-making will occur when my Higher Power reveals that the timing is right for me to do so. Timing is everything. With two years in recovery, I realize now that codependency is on a spectrum.



- Alison J.

I didn't wake up one day and decide, "I am never subscribing to codependency again." The difference now is that I know how to recognize codependency, how to avoid it, and how to mitigate it when I fail to avoid it. CoDA has now become a want, not a need.

It is no longer a ventilator but an inhaler. I use recovery tools in all facets of life even though codependency has historically reared its ugly head in my romantic relationships. I see how it has infiltrated work, friendships, and select familial relationships. I set better boundaries.

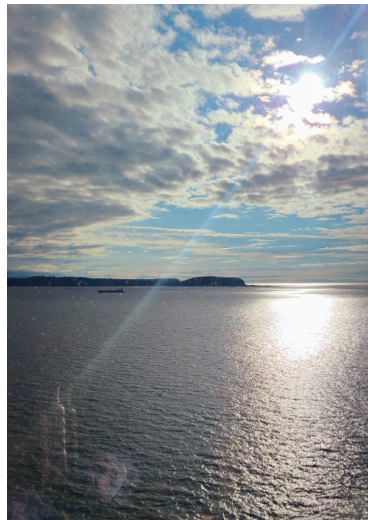
I don't respond to everything. I explain less. I don't act out of obligation. I now only work 10-hour days and rarely, if ever, on the weekends. I ask for help.

The last time I asked for help was late February, two days after my two-year CoDA anniversary. After driving a few hours to attend my son's basketball tournament in a town I'd never visited, my car started going haywire as I began walking toward the gym where he was about to play. It was dark. My horn was blaring. Lights were flashing. I never panicked and was more concerned about disturbing the peace and missing my son's game than I was anything else.

I contacted a tow truck driver. He unsuccessfully tried to fix it. I asked him to disconnect the car's battery so it would shut up while I watched the remaining time of my son's game. He did as I asked and also offered to tow my car to the dealership after the game, as well as drop me off at my hotel. I accepted. *Thank you, Higher Power.*

When I got inside the gym, of course, they only took cash. I had none. The attendant was kind and gave me all-weekend access without charging me. While witnessing only the final two minutes of my son's game, I was grateful for free admission and that my car waited until I made it to the gym to go nuts instead of halfway between home and my current location. *Thank you, Higher Power.*

After the game, they lost by the way, we went to the dealership. My Higher Power, HP, wasn't finished yet. Guess what else ol' HP orchestrated weeks prior that I was unaware of? The hotel I was staying in for the weekend was within walking distance of the dealership. Which meant I could walk over in the morning and figure out what was going on with my car. *Thank you, HP.*



- *Jim H*

As I tell this story, please don't think I was as cool as a cucumber through all of this. By the time I got to my room that night, I sobbed. I felt the feelings of frustration, had a good cry, and then made the most of the night with my son by us having a pizza picnic on the bed while he played an online video game. As we fell asleep, I knew HP was still up to something...

I called the dealership at 7 a.m. and they were able to fit me in that morning. They could not guarantee I'd be returning home the next day in the same vehicle in which I left home. I thanked them for their transparency and prayed as I walked back to the hotel.

Two hours and \$75 later, HP gave my car back to me. My son and I went to his game on time.

From the roller coaster ride to the tow truck ride, and every ride before CoDA and those to come, HP has been taking care of situations years before I ever knew there was a need for a situation to be taken care of. This awareness is the miraculous change that's come about in my life by working the program of Co-Dependents Anonymous.

Oh, by the way, I failed to mention that the tow truck driver didn't charge me. And with that, I pass...

Shay 24/06/2024

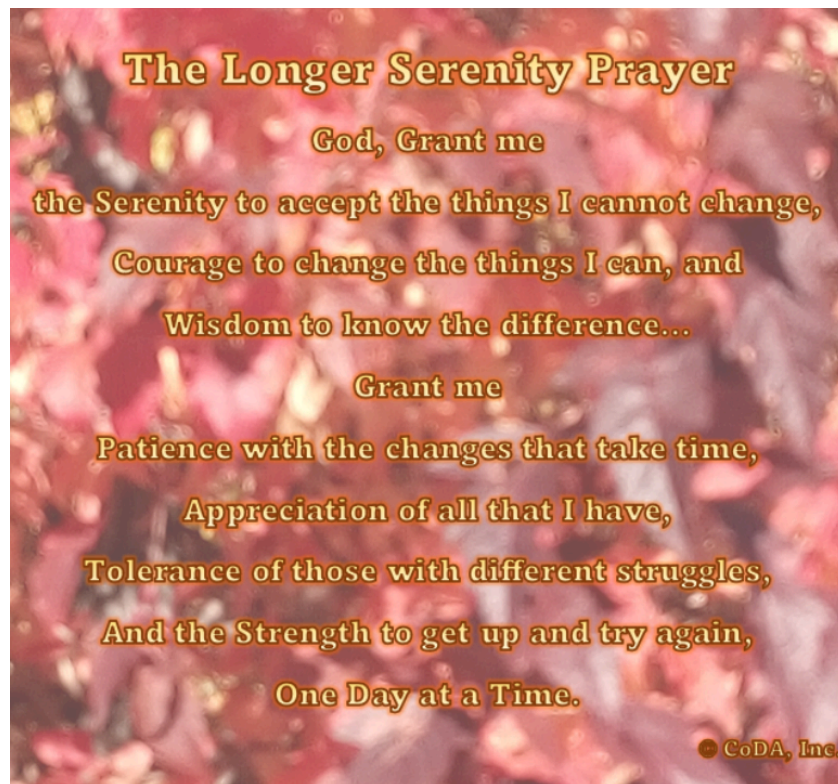


- *Jim H*

Closing Readings

The Serenity Prayer

God, grant me the Serenity
to accept the things I cannot change,
Courage to change the things I can,
And Wisdom to know the difference.



Some Affirmations

I am accepting of others and myself.

I am self-affirming.

Today I choose happiness.

CoDA Recovery Prayer

God help me to:

Accept other people as they are,

Recognize my own feelings,

Meet my own needs, and

Love myself just as I am.

CoDA Closing Prayer

We thank our Higher Power for all that we have received from this meeting.

As we close, may we take with us the wisdom, love, acceptance, and hope of recovery.

Twelve Promises

1. I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible to mend – to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust the guidance I receive from my Higher Power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.



- *A.J*

Resources:

Find a Meeting - <https://coda.org/find-a-meeting/>

Subscribe to Email lists - <https://www.codependents.org/sub.htm>

CoDA's Events Calendar - <https://coda.org/calendar/>

YouTube - <https://www.youtube.com/channel/UC0oWXZDpoVdKbyJ0YDh1zTQ/playlists>

If links are not active, copy and paste the url into your browser.

Request for Content

This publication thrives when fellow CoDAs share their recovery. This is a great place to express your creativity through prose (200-2000 words), poetry and artistic images, as long as it honors CoDA's Twelve Steps, Twelve Traditions and supports Co-NNections' mission.

See <https://coda.org/service-info/connections-service-info-page/> for more information.