



CoDAteen Welcome

(Short Version)

We welcome you to CoDAteen, a part of Co-Dependents Anonymous - a program of recovery from codependency, 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.

Codependence is a deeply rooted, compulsive behavior. It is born out of our sometimes moderately, sometimes extremely dysfunctional families and other systems. We tried to use others as our sole source of identity, value, wellbeing, and to restore our emotional losses. Our history may include other powerful addictions which we have used to cope with our codependency.

We have all learned to survive life, but in CoDAteen we are learning to live life. Through applying the Twelve Steps and principles found in CoDA to our daily lives and relationships, both present and past, we can experience a new freedom from our self-defeating lifestyles. Our sharing 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 CoDAteen and Co-Dependents Anonymous. May you find a new strength within to be that which God intended - Precious and Free.