

The CoDA Recovery Patterns Check-In Tool

Use the Recovery Check-In tool to support recovery:

- Take a few minutes each day or night to review and meditate with CoDA Steps Ten and Eleven.
- Identify the patterns that fuel and drive our codependency at the beginning of our CoDA journey.
- Discover the patterns that need the most attention in the present moment.
- Work with a specific emotional or relationship challenge.
- Gain clarity on our thoughts and feelings as we write a CoDA Step Four.
- Understand our part in resolving a problem or conflict in a group or other relationship.
- Explore any sense of distance or disconnection we feel between ourselves and our loving Higher Power.
- Work Step Seven, asking Higher Power to remove our shortcomings.
- Lessen over-thinking or obsessing about someone or something.
- Ease discomfort with a characteristic or group of patterns.
- Process a shame or fear spiral that may relate to a codependent pattern.
- Learn and practice the need for gentleness, kindness, and self-compassion when self-care seems impossible.
- Identify recovery goals.
- Use the “In Recovery” patterns as affirmations.

The three different Check-In tools:

- The “I” Patterns (2023): For our personal recovery
- The “We” Patterns (2023): For recovery in relationships and group inventories
- The Canada (2011) Recovery Patterns of Codependence Progress Scale: For personal recovery (www.codacanada.ca)

The Check-In Tools that follow invite us to explore how each pattern is moving through us physically, emotionally, intellectually, sexually, and spiritually. How do we move from Awareness to Acceptance, and on to Action? Here are some questions that may assist us as we work with the Check-In Tools:

- **Awareness: Am I in pain?**
 - How is this pattern disturbing or challenging me in the present moment?
 - How is it causing me pain, suffering, or discomfort?
 - How is my life working when I’m stuck in this codependent pattern?
 - How is it affecting me and my relationships?
 - Am I trying to manage the unmanageable?

- **Acceptance: Can I bring Higher Power into this and make peace with it?**

- Can I accept that this pattern is challenging me right now?
- Can I turn it over to my Higher Power and be gentle with myself?
- Can I let my Higher Power carry this for a while?
- Why am I holding on to this?
- Where does it come from?
- How might I do things differently: physically, emotionally, mentally, spiritually, or sexually?
- Can I begin to forgive myself for my behavior?
- Am I ok with accepting things I don't like?
- Can I work with my Higher Power towards a loving allowance?
- Can I see the difference between healthy acceptance and enabling an unhealthy pattern?

- **Action: With my Higher Power, can I work towards adopting healthy “In Recovery” Patterns?**

- What recovery actions can I learn and practice at this time?
- Am I willing to move forward?
- With the help of my Higher Power, what do I need to learn or unlearn to take responsibility and be accountable for my recovery?
- Can I follow my recovery intuition and move from surviving, to self-care, to thriving?
- Do I recognize that doing nothing, pausing, or resting might actually be recovery actions?

We try to remember that at each step of this Check-In, our Higher Power and inner loving parent are with us. We also remember we can discuss each Check-In with our CoDA sponsor or trusted CoDA friend. We no longer need to do everything by ourselves, and we can simply use the “In Recovery” Patterns as affirmations.

Using the daily CoDA Personal Check-In “I” Patterns (pages 4-8):

This loving personal check-in gives us a chance to reflect on our individual recovery behaviors for ourselves with our Higher Power. This Check-In tool is an act of loving self-care. CoDA members have found that willingly and honestly exploring how the patterns show up in our daily lives helps us grow and evolve in our recovery.

Using the CoDA Group Check-In “We” Patterns (pages 9-13):

Sometimes uncomfortable issues arise in relationships, families, and groups. CoDA's group inventories are a useful tool for negotiating peaceful resolutions. The process can

be uncomfortable, time-consuming, and even tricky. We recommend starting with a CoDA prayer to invite everyone's Higher Power into the process.

This Check-In tool is offered to support finding clarity in progressing towards peace. It can bring visibility to the patterns affecting the serenity of the relationship or group. Once all parties have consented and agreed to participate in this work, this Group Check-In tool helps find possible pathways towards resolution. If someone doesn't consent, we may then continue the process with whoever is willing, even if it is with our own self.

After the group members have said the suggested prayer, a group conscience may be useful to decide how this tool may be most helpful. Information may be sought from certain CoDA Service Conference endorsed literature and the Fellowship Service Manual. We certainly hope that, in careful consideration, the people involved will find ways to increase unity and the spirit of healthy relationships.

For example, perhaps in using the CoDA Group Check-In Tools, individuals in the group could discuss the patterns they perceive are challenging in the moment. Each member can share their personal perceptions of what codependent pattern might be active or which recovery pattern may need to be embraced to help increase their sense of recovery and connection.

Using the Canadian Recovery Patterns Progress Scale:

The Canadian Recovery Patterns Progress Scale was first written by members of the Canadian Fellowship of Codependents Anonymous. In 2024, it was brought to the CoDA Service Conference (CSC) by the Canada and Texas Voting Entities. The world CoDA delegates voted for it to become CoDA Conference endorsed literature and to be added online for use by all CoDA members.

While reviewing the checklist, members of the CoDA Literature Committee (CLC) sought to create and offer additional tools that allowed those using them to gently consider and dig deeper into why the pattern was appearing in their lives and what recovery actions could be taken. The original scale is still available, as it has been used for many years by members of the fellowship, and the CLC wanted to respect this while offering these Check-In tools. The shift from using numbers was born out of a desire for gentleness and care, and some people just don't like a numbered checklist, finding it too harsh. On the other hand, some CoDA members love a numbered scale. Members can get to the CoDA Canada website using the address on page 1.

CoDA Daily Personal Check-In (Denial Patterns)

	How am I feeling today?			
In Codependence ...	Awareness	Acceptance	Action	In Recovery ...
I have difficulty identifying what I am feeling.				I become more aware of my feelings and identify them, often in the moment. I learn the difference between my thoughts and feelings.
I minimize, alter, or deny how I truly feel.				I embrace my feelings; they are valid and important.
I perceive myself as completely unselfish and dedicated to the well-being of others.				I know the difference between caring and caretaking, recognizing that caretaking others may be motivated by self-interest.
I lack empathy for the feelings and needs of others.				I feel compassion for the feelings and needs of others.
I label others with my negative traits.				I perceive that the negative traits I see in others may also be my own.
I think I can take care of myself without any help from others.				I acknowledge that asking for help is healthy self-care.
I mask pain in various ways such as anger, humor, or isolation.				I recognize that anger, humor, or isolation may be clues to underlying pain or trauma.
I express negativity or aggression in indirect and passive ways.				I express my feelings and speak my truth openly, directly, and calmly.
I do not recognize the unavailability of those people to whom I am attracted.				I pursue close relationships with emotionally available people.

CoDA Daily Personal Check-In (Low Self-esteem Patterns)				
	How am I feeling today?			
In Codependence ...	Awareness	Acceptance	Action	In Recovery ...
I have difficulty making decisions.				I trust my Higher Power's guidance and my intuition in making effective decisions.
I judge what I think, say, or do harshly, as never good enough.				I accept myself as I am, choosing personal progress rather than perfection.
I am embarrassed to receive recognition, praise, or gifts.				I graciously accept recognition, praise, or gifts.
I value others' approval of my thinking, feelings, and behavior over my own.				I value my own thinking, feelings, and decisions, finding confidence in myself.
I do not perceive myself as lovable or a worthwhile person.				I feel lovable and valuable as I am.
I seek recognition and praise to overcome feeling less than.				I feel equal to others. Recognition and praise from others do not determine my value.
I have difficulty admitting a mistake.				I continue to take my personal inventory, and promptly admit my mistakes.
I need to appear to be right in the eyes of others and may even lie to look good.				I take personal responsibility for my behaviors and motivations. It is more important for me to be authentic than to look good to others.
I am unable to identify or ask for what I need and want.				I meet my own needs and wants, including communicating my needs and wants to others.
I perceive myself as superior to others.				I see myself as equal to others. I release the need to feel better than or less than others.
I look to others to provide my sense of safety.				I look to my Higher Power and myself to create safety in my life.
I have difficulty getting started, meeting deadlines, and completing projects.				I willingly take action, starting and completing what needs to be done.
I have trouble setting healthy priorities and boundaries.				I establish and uphold healthy priorities and boundaries.

CoDA Daily Personal Check-In (Compliance Patterns)				
	How am I feeling today?			
In Codependence ...	Awareness	Acceptance	Action	In Recovery ...
I am extremely loyal, remaining in harmful situations too long.				I am committed to my personal and emotional safety. I am able to leave situations that feel threatening or unsafe.
I compromise my own values and integrity to avoid rejection or anger.				I am rooted in my personal values and act with integrity, regardless of the reactions of others.
I put aside my own interests in order to do what others want.				I reflect on my feelings and interests before participating in other's plans.
I am hypervigilant regarding the feelings of others and take on those feelings.				I detach from the feelings of others and honor my own boundaries. I know where I stop and where others begin.
I am afraid to express my beliefs, opinions, and feelings when they differ from those of others.				I courageously and openly express my beliefs, opinions, and feelings when I choose.
I accept sexual attention when I want love.				Grounded in self love, I consciously define my own sexuality and choose my own sexual expression. I refuse unwanted sexual attention.
I make decisions without regard to the consequences.				I ask my Higher Power for guidance and consider possible consequences before making decisions.
I give up my truth to gain the approval of others or to avoid change.				I stand in my own truth, whether others approve or not, even if it means making difficult changes in my life.

CoDA Daily Personal Check-In (Control Patterns)

	How am I feeling today?			
In Codependence ...	Awareness	Acceptance	Action	In Recovery ...
I believe people are incapable of taking care of themselves.				I respect the autonomy of others, releasing them to their own Higher Power.
I attempt to convince others what to think, do, or feel.				I accept the thoughts, choices, and feelings of others.
I freely offer advice and direction without being asked.				I share my experience, strength, and hope, only offering advice or direction when requested.
I become resentful when others decline my help or reject my advice.				When others decline my help or reject my advice, I do not take it personally. I let go of the results.
I lavish gifts and favors on those I want to influence.				I reflect on my motives. I give gifts with no expectations.
I use sexual attention to gain approval and acceptance.				I embrace my own sexuality in a healthy manner. I do not use sex to gain approval or to manipulate others.
I have to feel needed in order to have a relationship with others.				I choose new and renewed relationships based on equality and balance.
I demand that my needs be met by others.				I recognize and take responsibility for meeting my own needs. I ask for help when I need it, without the expectation of being rescued.
I use charm and charisma to convince others of my capacity to be caring and compassionate.				I discover my authentic self and interact honestly and respectfully.
I use blame and shame to exploit others emotionally.				I let go of manipulating with blame and shame. I trust outcomes to my Higher Power.
I refuse to cooperate, compromise, or negotiate.				I negotiate with integrity in all my relationships.
I adopt an attitude of indifference, helplessness, authority, or rage to manipulate outcomes.				I let go of my reactive attitudes and behaviors, treat others with respect and consideration, and leave the outcomes to my Higher Power.
I use recovery jargon in an attempt to control the behavior of others.				I use program language for my own growth, letting go of the desire to change, manipulate, or control others.
I pretend to agree with others to get what I want.				I communicate authentically and truthfully.

CoDA Daily Personal Check-In (Avoidance Patterns)				
	How am I feeling today?			
In Codependence ...	Awareness	Acceptance	Action	In Recovery ...
I act in ways that invite others to reject, shame, or express anger toward me.				I treat myself and others with respect and kindness. I recognize that the reactions of others are beyond my control.
I judge harshly what others think, say, or do.				I keep an open heart and mind. I accept others as they are.
I avoid emotional, physical, or sexual intimacy as a way to maintain distance.				I am open to intimacy in my relationships. I create healthy boundaries to keep me safe.
I allow addictions to people, places, and things to distract me from achieving intimacy in relationships.				I release my obsessions to my Higher Power. I practice recovery to create safety, self-respect, and connection.
I use indirect or evasive communication to avoid conflict or confrontation.				I use direct and straightforward communication to resolve conflicts and work through confrontations.
I diminish my capacity to have healthy relationships by declining to use the tools of recovery.				I use the tools of recovery to develop and maintain healthy relationships.
I suppress my feelings or needs to avoid feeling vulnerable.				I allow myself to feel and honor my vulnerability, trusting my Higher Power to meet my needs.
I pull people toward me, but when others get close, push them away.				I welcome close, interdependent relationships while creating and respecting healthy boundaries.
I refuse to give up my self-will to avoid surrendering to a power greater than myself.				I place trust in my Higher Power, surrendering my self-will.
I believe displays of emotion are a sign of weakness.				I honor my emotions and express them authentically.
I withhold expressions of appreciation.				I freely express appreciation toward myself and others.

CoDA Group Check-In (Denial Patterns)

How is denial affecting our group today?

In Codependence ...	Awareness	Acceptance	Action	In Recovery ...
We have difficulty identifying what we are feeling.				We become more aware of our feelings and identify them, often in the moment. We learn the difference between our thoughts and feelings.
We minimize, alter, or deny how we truly feel.				We embrace our feelings; they are valid and important.
We perceive ourselves as completely unselfish and dedicated to the well-being of others.				We know the difference between caring and caretaking, recognizing that caretaking others may be motivated by group or self-interest.
We lack empathy for the feelings and needs of others.				We feel compassion for the feelings and needs of others.
We label others with our negative traits.				We perceive that the negative traits we see in others may also be ours.
We think we can take care of ourselves without any help from others.				We acknowledge that asking for help may be better for the unity and common welfare of the whole.
We mask our pain in various ways such as anger, humor, or isolation.				We recognize that anger, humor, or isolation may be clues to underlying pain or trauma.
We express negativity or aggression in indirect and passive ways.				We express our feelings and speak our truth openly, directly, and calmly.
We do not recognize the unavailability of those people to whom we are attracted.				We pursue close relationships with emotionally available people.

CoDA Group Check-In (Low Self-esteem Patterns)

How is low self-esteem affecting our group today?

In Codependence ...	Awareness	Acceptance	Action	In Recovery ...
We have difficulty making decisions.				We trust our Higher Powers' guidance and our intuition in making effective decisions.
We judge what we think, say, or do harshly, as never good enough.				We accept ourselves as we are, choosing progress rather than perfection.
We are embarrassed to receive recognition, praise, or gifts.				We graciously accept recognition, praise, or gifts.
We value others' approval of our thinking, feelings, and behavior over our own.				We value our collective thinking, feelings, and decisions, finding confidence in the group conscience.
We do not perceive ourselves as lovable or worthwhile.				We feel lovable and valuable as we are.
We seek recognition and praise to overcome feeling less than.				We feel equal to others. Recognition and praise from others do not determine our value.
We have difficulty admitting a mistake.				We continue to take our personal and group inventory, and promptly admit our mistakes.
We need to appear to be right in the eyes of others and may even lie to look good.				We take personal and group responsibility for our behaviors and motivations. It is more important for us to be authentic than to look good to others.
We are unable to identify or ask for what we need and want.				We meet our needs and wants, including communicating our needs and wants to each other.
We perceive ourselves as superior to other groups.				We see ourselves as equal to other groups. We release the need to feel better than or less than.
We look to other groups to provide our sense of safety.				We look to our Higher Powers and ourselves to create safety in our group and lives.
We have difficulty getting started, meeting deadlines, and completing projects.				We willingly take action, starting and completing what needs to be done.
We have trouble setting healthy priorities and boundaries.				We establish and uphold healthy priorities and boundaries.

CoDA Group Check-In (Compliance Patterns)

How is compliance affecting our group today?				
In Codependence ...	Awareness	Acceptance	Action	In Recovery ...
We are extremely loyal, remaining in harmful situations too long.				We are committed to our personal and group emotional safety. We consider, through the informed group conscience process, if letting go of a harmful or unsafe situation is possible.
We compromise our values and integrity to avoid rejection or anger.				We are rooted in our personal and shared values and act with integrity, regardless of the reactions of others.
We put aside our interests in order to do what others want.				We reflect on our feelings and interests before participating in the informed group conscience.
We are hypervigilant regarding the feelings of others and take on those feelings.				We detach from the feelings of others and honor our own and the group's boundaries. We know where we stop and where others begin.
We are afraid to express our beliefs, opinions, and feelings when they differ from those of others or the group.				We courageously and openly express our beliefs, opinions, and feelings when we choose.
We accept sexual attention when we want love.				Grounded in self-love, we consciously define our own sexuality and choose our own sexual expression. We refuse unwanted sexual attention.
We make decisions without regard to the consequences.				We ask our Higher Powers for guidance and consider possible consequences before making group decisions.
We give up our shared truth to gain the approval of others or to avoid change.				We stand in our shared truth, whether others approve or not, even if it means making difficult changes in our group and lives.

CoDA Group Check-In (Control Patterns)

How is control affecting our group today?

In Codependence ...	Awareness	Acceptance	Action	In Recovery ...
We believe people are incapable of taking care of themselves.				We respect the autonomy of others, releasing them to their own Higher Powers.
We attempt to convince others what to think, do, or feel.				We accept the thoughts, choices, and feelings of others.
We freely offer advice and direction without being asked.				We share our experience, strength, and hope, only offering advice or direction when requested.
We become resentful when others decline our help or reject our advice.				When others decline our help or reject our advice, we do not take it personally. We let go of the results.
We lavish gifts and favors on those we want to influence.				We reflect on our motives. We give gifts with no expectations.
We use sexual attention to gain approval and acceptance.				We embrace our sexuality in a healthy manner. We do not use sex to gain approval or to manipulate others.
We have to feel needed in order to have a relationship with others.				We choose new and renewed relationships based on equality and balance.
We demand that our needs be met by others.				We recognize and take responsibility for meeting our needs. We ask for help when we need it, without the expectation of being rescued.
We use charm and charisma to convince others of our capacity to be caring and compassionate.				We discover our authentic selves and interact honestly and respectfully.
We use blame and shame to exploit others emotionally.				We let go of manipulating with blame and shame. We trust outcomes to our Higher Powers.
We refuse to cooperate, compromise, or negotiate.				We negotiate with integrity in all our relationships.
We adopt an attitude of indifference, helplessness, authority, or rage to manipulate outcomes.				We let go of our reactive attitudes and behaviors, treat others with respect and consideration, and leave the outcomes to our Higher Powers.
We use recovery jargon in an attempt to control the behavior of others.				We use program language for our growth, letting go of the desire to change, manipulate, or control others.
We pretend to agree with others to get what we want.				We communicate authentically and truthfully.

CoDA Group Check-In (Avoidance Patterns)

How is avoidance affecting our group today?

In Codependence ...	Awareness	Acceptance	Action	In Recovery ...
We act in ways that invite others to reject, shame, or express anger toward others.				We treat ourselves and others with respect and kindness. We recognize that the reactions of others are beyond our control.
We judge harshly what others think, say, or do.				We keep an open heart and mind. We accept others as they are.
We avoid emotional, physical, or sexual intimacy as a way to maintain distance.				We are open to intimacy in our relationships. We create healthy boundaries to keep ourselves safe.
We allow addictions to people, places, and things to distract us from achieving intimacy in relationships.				We release our obsessions to our Higher Powers. We practice recovery to create safety, self-respect, and connection.
We use indirect or evasive communication to avoid conflict or confrontation.				We use direct and straightforward communication to resolve conflicts and work through confrontations.
We diminish our capacity to have healthy relationships by declining to use the tools of recovery.				We use the tools of recovery to develop and maintain healthy relationships.
We suppress our feelings or needs to avoid feeling vulnerable.				We allow ourselves and each other to feel and honor our vulnerability, trusting our Higher Powers to meet our needs.
We pull people toward us, but when others get close, push them away.				We welcome close, interdependent relationships while creating and respecting healthy individual and group boundaries.
We refuse to give up our individual and shared self-will to avoid surrendering to a power greater than ourselves.				We place trust in our Higher Powers, surrendering our individual self-will and shared group-will.
We believe displays of emotion are a sign of weakness.				We honor our emotions and express them authentically.
We withhold expressions of appreciation.				We freely express appreciation toward ourselves and others.