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1 Are You Codependent? Here are
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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

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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.

The Twelve Steps of Co-
Dependents Anonymous

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Workbook
Goes through the CoDA 12-Steps and Traditions in a very reflective style. There's also a big section on other people's experiences and recovery stories. It is a gracious work - almost unimaginable that people would take the time to write something so empathic and

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Workbook, just for other people
to benefit from.

Co-Dependents Anonymous:

Amazon.co.uk: CoDa:

9780964710504 ...

(OA) Overeaters Anonymous

(TSJ) The Twelve Step Journal

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(WA) Workaholics Anonymous;
Big Book. Overview (Preface)
PREFACE (Chapter 1) BILL'S
STORY (Chapter 2) THERE IS A
SOLUTION (Chapter 3) MORE
ABOUT ALCOHOLISM (Chapter
4) WE AGNOSTICS (Chapter 5)
HOW IT WORKS (Chapter 6)

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INTO ACTION (Chapter 7)
WORKING WITH OTHERS
(Chapter 8) TO WIVES (Chapter
9) THE FAMILY AFTERWARD

12 Steps of Co-Dependents
Anonymous
Description: The new 2019

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(latest) version of the CoDA Steps & Traditions Workbook for individuals and step study groups. Takes the reader through the Steps and Traditions with a brief explanation followed by a series of questions, with space for answers and notes. Includes new charts,

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Coda 12 & 12 Workbook – Co-
dependents Anonymous Nederland
1 We admitted we were powerless
over others – that our lives had
become unmanageable. 2 Came to
believe that a power greater than

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Workbook 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.

Twelve Steps - CoDA.org

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Workbook
We are using the book
'Codependents Guide to the
Twelve Steps' by Melody Beattie.
Click here to open ONE file that
contains ALL exercises for ALL
steps, or click a specific step
below. Step 1 - Exercises 1 thru 8.
Step 5 - Exercises 1 thru 5. Step 9

Get Free Codependents Anonymous 12 Steps - Exercises 1 thru 7.

12-Step Study Exercises -
Codependent, Codependents
CoDA-Tulsa – Melody Beattie
“ Codependents Guide to the 12
Steps ” STEP 1, Exercise 2 “ ...We
admitted we were powerless over

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Workbook — than our lives had becomes unmanageable... ” 2. Who or what in your life is making you feel crazy & causing you stress? Whom do you feel victimized by?

CoDA Beattie 12 steps - Step 1 exercises

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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.

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Home – Co-Dependents
Anonymous UK

When you find your first meeting, and walk in the door, you will find a safe place, where all are welcome. There is only one requirement to join; a desire for healthy and loving relationships.

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Your first meeting will introduce you to The Twelve Steps, The Twelve Traditions, The Promises and more.

CoDA.org - Co-Dependents
Anonymous

2. Read Step One on pages 26-31

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in the CoDA Blue Book. Discuss and reflect upon the effect that codependency has had on you over the years. Answer the 15 questions on pages 28-29. Do you see that you have been involved in codependent relationships? Do you truly see that you are a

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Workbook? Are you willing to
change? 3.

THE TWELVE STEPS OF CO-
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This is a safe place to join for recovery from the effects of codependency on our lives. We are a 12 step/12 traditions recovery group, where we use these as tools to learn to live life, instead of just surviving life. We have scheduled meetings in our 24 hour

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Workbook chat room and a forum message board to help us work out our recovery together.

Home [www.onlinecoda.net]

The CoDa book is to
Codependence Anonymous, as
The "Big Book" is to AA. This

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Workbook has great descriptions of codependent behavior, and the tools to help one to achieve healthy relationships. The twelve steps as adapted from AA, work beautifully on just about any type of problem or disfunction, including Codependence.

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Co-Dependents Anonymous, 3rd
Ed. on Apple Books

Codependents Anonymous (CoDA)
is a 12 Step Fellowship for people
seeking loving and healthy
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profit service arm of CoDA, Inc.

Our mission is to reach
codependents who still suffer
through the experience, strength
and hope shared by other
codependents in our literature.

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CoRe Publications
Workbook

This Twelve Step Workbook Guide substitutes terms and phrases related to alcoholism to include ANY acting-out or obsessive-compulsive addiction patterns such as, drugs and all mind altering substances, sugar/food/overeating,

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nicotine, gambling, sex / love / pornography, electronic media, self-harm / mutilation, anorexia, bulimia, over-spending / debting, cluttering / hoarding, emotions, codependency—and anyone can certainly increase this list and all are welcome.

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The Twelve Step Program - Big
Book Guide

Co-Dependents Anonymous
(CoDA) is a set of informal self-
help groups made up of men and
women with a common interest in
working through the problems that

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co-dependency has caused in their lives. CoDA is based on AA (Alcoholics Anonymous) and uses an adapted version of their Twelve Steps and Traditions as a central part of its suggested programme of recovery.

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New to CoDA – Co-Dependents
Anonymous UK
Interpreting the famous Alcoholics
Anonymous Twelve Steps
specifically for codependent issues
for the very first time, this
groundbreaking book combines
Melody's expertise with the

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Workbook of other people to:
explain each step and how you can
apply it to your particular issues;
offer specific exercises and
activities to use both in group
settings and on your own; provide
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AI-Anon, Codependents
Anonymous, Codependents of Sex
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