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## **Codependents Anonymous 12 Steps Workbook**

The Twelve Steps of Co-  
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Anonymous. 1. We  
admitted we were  
powerless over others -  
that our lives had  
become

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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.

## **The Twelve Steps of Co-Dependents Anonymous**

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(WA) Workaholics  
Anonymous; Big Book.  
Overview (Preface)  
PREFACE (Chapter 1)

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

**12 Steps of Co-Dependents**  
**Anonymous**



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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 - Exercises 1 thru 7.

**12-Step Study  
Exercises -  
Codependent,**

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The new 2019 (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, information and references.

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CoDA-Tulsa - Melody  
Beattie "Codependents  
Guide to the 12 Steps"  
STEP 1, Exercise 2  
"...We admitted we  
were powerless over  
others - than our lives  
had becomes  
unmanageable..." 2.  
Who or what in your  
life is making you feel  
crazy & causing you

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stress? Whom do you  
feel victimized by?

## **CoDA Beattie 12 steps - Step 1 exercises**

2. Read Step One on pages 26-31 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

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involved in codependent relationships? Do you truly see that you are a codependent? Are you willing to change? 3.

## **THE TWELVE STEPS OF CO-DEPENDENTS ANONYMOUS WITH A SPONSOR**

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

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requirement to join; a desire for healthy and loving relationships. Your first meeting will introduce you to The Twelve Steps, The Twelve Traditions, The Promises and more.

## **CoDA.org - Co-Dependents**

### **Anonymous**

CODEPENDENCY 1 I.

Understanding

CODEPENDENCY

Children have inborn needs for SECURITY,

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**AFFIRMATION, WARMTH, LOVE and GUIDANCE.** In dysfunctional families, many of these needs go unmet; consequently, these children enter adulthood with a sense of incompleteness, and have a strong need for some kind of security outside themselves to complete them. They unconsciously seek to fill the

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### I. Understanding **CODEPENDENCY**

Codependents

Anonymous (CoDA) is a  
12 Step Fellowship for  
people seeking loving  
and healthy

relationships. CoDA  
Resource Publishing,  
Inc. (CoRe) is a not for  
profit service arm of  
CoDA, Inc. Our mission  
is to reach

codependents who still  
suffer through the  
experience, strength  
and hope shared by



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other codependents in  
our literature.

## **CoRe Publications**

Codependents' Guide  
to the Twelve Steps:  
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York Times bestselling  
self-help book that  
offers advice on how to  
find and choose the  
recovery program for  
you, as well as a  
directory of the wide  
range of Twelve Step  
programs, including  
AA, Codependents

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Codependents of Sex  
Addicts, Adult Children  
of Alcoholics, and  
more. The New York  
Times bestselling self-  
help book that offers  
advice on how to find  
and choose the  
recovery program for  
you, as well as a  
directory of ...

**Codependents'  
Guide to the Twelve  
Steps: New Stories  
by ...**

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## **Codependency Worksheets - Printable Worksheets**

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Anonymous is a 12-step recovery program in which members aim to develop healthy relationships. Learn more about what happens at meetings.

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PDF... 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.

**Home [www.onlinecoda.net]**

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Anonymous is a

fellowship of men and



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women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships.

## **Home - Co-Dependents**

### **Anonymous UK**

the right one for you. Interpreting the famous Alcoholics Anonymous Twelve Steps specifically for codependent issues for

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