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CoDA BOOK Simply titled the CoDA Book, it contains in-depth readings on recovery, our Fellowship, common questions, and personal stories from codependents. Sometimes erroneously referred to as the CoDA Blue Book. (2 CDs)-Personal Sharing on the

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This CODA book also has a very nice Chapter Five giving information that is valuable. Then there are many, many stories. It is a very large book - almost 600 pages.

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Co-Dependents Anonymous: CoDA: 9780964710504: Amazon.com ...

Use this form to submit an update to an existing meeting. Please DO NOT use this form to inquire about a meeting. If you have questions about this meeting, email meetings@coda.org or one of the contacts below.. Please note that if you are not already a contact listed on this meeting record, your request will take longer to confirm and process.

CoDA WORKBOOK Meeting - CoDA.org

- The Twelve Steps and Twelve Traditions Workbook The CoDA program of recovery starts with the first of the Twelve Step. There are many ways to work the Steps and the Traditions, and one of them is by utilizing the CoDA Twelve Steps and Twelve Traditions Workbook along with the Co-dependents Anonymous text.

Working the Twelve Steps -

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CoDA.org

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 other codependents in our literature.

CoRe Publications

CoDA literature includes workbooks, pamphlets, anniversary medallions, and the book CoDependents Anonymous, also known as the CoDA Book. Another option is to request an order form from: CoRE Publications PO Box 1004 Denver, NC 28037 As stated in the 7th Tradition, CoDA is self-supporting only by contributions from the Fellowship.

CoDA Meeting Handbook

As a CoDA member commits to working the program using this method, the 30 questions and Daily Journal Checklist will

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move them gently through the first three steps using the CoDA Blue Book as the reference. This is a work in progress and may be revised from time to time. (Last Revision: January 22, 2011)

THE TWELVE STEPS OF CO-DEPENDENTS ANONYMOUS ... - coda-pdx.org

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.

12-Step Study Exercises - coda-tulsa.org

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 Anonymous, we can each realize a new joy, acceptance and serenity in our lives.

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Online CoDA

Stay up to date with international events, from how to access the monthly public CoDA Board meeting, to free downloadable CoDA materials, and to audio recordings of CoDA Fellowship Forums, Voices in Recovery Testimonials, and Voices in Service Podcasts.

CoDA.org

Co-Dependents Anonymous Books 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.

Co-Dependents Anonymous Books

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CoDA-Tulsa - Melody Beattie
"Codependents Guide to the 12 Steps"
STEP 1, Exercise 5 "...We admitted we were powerless over others - than our lives had becomes unmanageable..." 5.
What is the current state of your relationships with these people: Family, Friends, and Co-

CoDA Beattie 12 steps - Step 1 exercises

The CoDA Twelve Seps & Twelve Traditions Workbook - sometimes referred to the "Green Book" - provides a structured, sequential, and thought provoking structure exploring the dynamics of your life as relating to each of the 12 Steps and 12 Traditions.

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Pamphlets & Books - NorCal CoDA

CoDA Newcomers Handbook, Steps & Traditions Workbook, Booklets and Pamphlets on Sponsorship. The booklets "Common Threads of Codependency" and "Peeling the Onions" are also recommended. Page 3 of 21 1st14 Days Workbook v1.4 June 2013

CoDA - Australia SPONSORSHIP PROGRAM The First 14 Days

CoDA Blue Book Coda blue book pdf. Discuss and reflect upon the effect that codependency has had on you over the years. Answer the 15 questions on pages 28-29 to the best of your ability in the time allowed. Do you see that you have been involved in codependent relationships? Do you truly see that you are a codependent? Are you willing to change? 3 Coda blue book pdf.

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GETTING STARTED WORKING THE STEPS
- AS EASY AS 1-2-3! USING THE 30

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QUESTIONS Page 5 For further information contact: NORTHERN CALIFORNIA CODA REGIONAL COMMITTEE - www.norcalcoda.org 1800 21ST Street, PMB-230 - Sacramento, CA 95811-6812 -Last Revised: DRAFT- January 2011 THE THIRTY QUESTIONS FOR CoDA STEPS 1, 2 & 3

THE THIRTY QUESTIONS FOR CoDA STEPS 1, 2 & 3

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