



Co-Dependents Anonymous, Inc.
Conference Endorsed Literature and Materials
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Pamphlets - Single page, z-folded CoDA literature

- 4010 What is CoDA? - An introduction to Co-Dependents Anonymous. Features a basic list of characteristics for self-evaluation.
- 4001 Welcome to CoDA - Includes the CoDA Welcome and the Twelve Steps. Perfect for the newcomer.
- 4002 Am I Codependent? - Lists patterns and characteristics of codependency.
- 4003 Attending Meetings - Explains how CoDA meetings work and how to participate.
- 4004 Sponsorship in CoDA - An overview of the principles of sponsorship.
- 4005 Communication & Recovery - A look at old (codependent) patterns of communication & how healthier communication can be learned.
- 4104 Establishing Boundaries in Recovery - An explanation of boundaries, an exploration of different types of boundaries and how they can be established and maintained in a healthy way.
- 4009 Using the Twelve Traditions - An explanation of each of the Twelve Traditions and how to apply them.
- 4012 Information for Professionals - An introduction of Co-Dependents Anonymous for the Professional. Ideal for counselors, doctors, or other professionals working in the recovery field. Combined with "Your First Meeting" it makes excellent Outreach Material.
- 4011 Your First Meeting - A pamphlet aimed at clients of professionals and new members.

Booklets - Multi-page, stapled CoDA literature.

- 4016 Tools for Recovery - Members share experience, strength & hope about different tools they've found useful in their recovery.
- 4017 Common Threads of Codependency - Codependents talk about their codependency, recovery, relapse and authenticity.
- 4018 Experiences with Crosstalk - Experience, strength, and hope on what crosstalk is and how some members deal with it.
- 4019 Making Choices - Offers guidance in recognizing how to make choices that support our recovery. Explores healthy v codependent behaviors in various circumstances.
- 4020 Carrying the Message - Practical examples of healthy service work essential to the continuation of any meeting and to CoDA as a whole. How to say "yes" to service work.
- 4021 Peeling the Onion - Codependents look at love, sex, & relationship addiction and avoidance.
- 4101 Newcomers Handbook - A detailed description of the CoDA program. Includes copies of key documents used in recovery and meetings. Now in booklet size for easier reading.
- 4023 Sponsorship: What's In It For Me? - Addresses both sides of sponsorship. Explains why we need sponsors and identifies some of the personal benefits gained from sponsoring others.
- 4103 Twelve Step Handbook - A detailed look at each of the Twelve Steps and how they apply to daily life.
- 4022 Building CoDA Community - Recommendations that contribute to safe, strong, healthy meetings
- 4024 The Twelve-Piece Relationship Toolkit - The purpose of this booklet is to serve as a companion to CoDA's Twelve Steps and Twelve Traditions Workbook in support of our Tradition Three, a desire for healthy and loving relationships.

Books

- 1002 CoDA Big Book- In-depth readings on recovery Steps and Traditions, our Fellowship, common questions, and personal stories from codependents.
- 1003 CoDA Pocket Edition Book- In-depth readings on recovery Steps and Traditions, our Fellowship and common questions, without the personal stories.
- 1011 In This Moment - Has a meditation for each day of the year, written by codependents for codependents.
- 6005 12 Steps & 12 Traditions - Takes the reader through the Steps & Traditions with a brief explanation followed by a series of questions. For individual or group study. Now spiral bound.

CoDA Special Items

- 7001 Affirmations Booklet - A pocket-size collection of positive affirmations for recovering codependents.
- 7002 Serenity Bookmarks (set of four)
- 7003 CoDA Book of Prayers – Opening, Closing, Serenity, Steps and Making Choices Prayer
- 7004 Joy In the Journey: Recover With Color - Adult coloring book featuring exploration of the Twelve Steps, Twelve Traditions and Twelve Concepts of Service
- 2001 Fellowship Service Manual - The structure of CoDA worldwide, the Board and Committees which serve the fellowship and guidelines for all levels of service from the home group to CoDA Service Conference (CSC). Free download available at www.coda.org.
- 2205 Institutional Meeting Handbook - CoDA Institutional Meeting Handbook – CoDA program information & general information for having a CoDA meeting in jails, prisons, and institutions. Free download available at www.coda.org.
- 2002 CoDA Meeting Handbook - CoDA program information, general information and documents to start and run a CoDA meeting. Free download available at www.coda.org.