

Tools for Recovery

Co-Dependents Anonymous

Co-DEPENDENTS ANONYMOUS

**TOOLS FOR
RECOVERY**

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CO-DEPENDENTS ANONYMOUS TOOLS FOR RECOVERY©

Table of Contents

What are recovery “tools”?	5
Breaking the Cycle of Isolation	6
Stress Busters	9
Meetings	10
Relationship Building	12
Gaining Insight	14
Spirituality	16
Service	18
Conclusion	19
Slogans	20
Appendix:	21
THE TWELVE STEPS OF CO-DEPENDENTS ANONYMOUS	21
THE TWELVE TRADITIONS OF CO-DEPENDENTS ANONYMOUS	22
The Preamble & Twelve Promises of CO-DEPENDENTS ANONYMOUS	23
CoDA Conference Endorsed Prayers	24

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WHAT'S IN YOUR TOOLBOX?

What are recovery “tools”?

Most people think of tools as hammers, screwdrivers, wrenches, and other items that are used in construction. In CoDA, we use our own variety of tools to create change in our lives. Our blueprint for recovery from codependence includes following the Twelve Steps and Twelve Traditions, attending meetings, working the program with a sponsor, trusting in a Higher Power, and incorporating recovery tools into our daily lives.

Many of us came to our first CoDA meeting because our lives were in turmoil. Situations were out of control, and we were miserable. We hoped to find information on how to fix things that weren't working. We listened to other codependents share about how they used recovery tools in their lives, and we saw how they had grown through the program of Co-Dependents Anonymous. We wanted what they had.

The tools presented here are offered as ways to help build “serenity, strength, and spiritual growth,” (the Twelfth Promise). These are the tools that have helped many codependents attain the “strength within to be that which God intended—precious and free” (the CoDA Welcome). If we are willing to use recovery tools consistently, we can succeed at living happier, more fulfilling lives.