

Making Choices

Co-Dependents Anonymous

CO-DEPENDENTS ANONYMOUS

MAKING CHOICES ©



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Dear Higher Power:

Please remove from us everything that hinders our recovery and show us what we need to see, so that we may become aware of our choices. Allow us to be conscious of your presence and to know your guidance.

We ask you now to guide our thoughts, to guide our words, to guide our actions.

We thank you for leading us to the CoDA program, for the warm and loving Fellowship, and for our recovery, moment by moment, one day at a time.

ABOUT THIS BOOKLET

Most of us came into this Fellowship with a lot of self-doubts. Often what we affirmed was negative, self-destructive, and self-defeating. These invalidating thoughts represented what we had come to believe about ourselves and they were based on messages from our past, some spoken, others unspoken. Rarely were they positive or nurturing. Nonetheless, we incorporated these negative statements into our beliefs about who we were.

They included things like:

- I'm incompetent and incapable.
- I'm worthless and undeserving.
- I'm unimportant, even to the people who love me.
- No matter what I do, I'll always be unattractive.
- I'll never measure up.
- I have no right to exist.

Believing we are “no good” is a heavy burden. It saps our energy - physically, mentally, and spiritually. When we believe these untruths about ourselves, life seems pretty grim. In CoDA, we find hope.

By the time we have reached Steps Six and Seven, we have experienced enough of the recovery process to think that we just might have some CHOICES - even if we don't feel entirely free, serene, or happy. It is to the CoDA member who has come to this halfway point in the Twelve Steps - becoming “entirely ready to have our shortcomings removed” - that this booklet is dedicated. We hope this information can be another stepping stone in the path to freedom - for all of us.