

Traditionally Speaking: *Finding Solutions*

Co-Dependents Anonymous



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Traditionally Speaking:

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Introduction

Do you think that the Traditions apply only to CoDA meetings or to service? That's what we thought before writing *Traditionally Speaking*. As we read members' writing and shares, we learned that the principles behind our Traditions are helpful in all sorts of situations and relationships.

We hope this booklet inspires members of our Fellowship to broaden our understanding of the CoDA Traditions, foster spiritual growth in our daily lives, and provide practical tools for improving our relationships.

In the suggested CoDA meeting format, it says, "CoDA's Twelve Steps are the spiritual guidelines for our individual recovery," and "CoDA's Twelve Traditions are the guiding spiritual principles of our meetings." While it is clear that our Twelve Traditions are vital to the health of CoDA meetings, our experience shows that the Traditions are of great value across the breadth of our lives.

We encourage CoDA members to use *Traditionally Speaking* in meetings and with sponsors. We believe a deeper understanding of the Traditions and wider use of their principles "in all our affairs" will benefit both individuals and CoDA as a whole.

How this project started

A group of CoDA members met by teleconference to share experiences in which they employed the Traditions in their everyday lives, with examples involving spouses, children, partners, employers, coworkers, friends, and acquaintances.

Some were surprised by how broadly they benefited from knowledge of the Twelve Traditions. They started keeping notes from their monthly meetings and then decided to share those notes with the CoDA Literature Committee (CLC). Several CLC members developed *Traditionally Speaking* by combining some of the original notes with new material.

We are thankful for the ongoing support given to us by all the members of our Fellowship.

TRADITION ONE:



Our common welfare should come first; personal recovery depends on CoDA unity.

What is CoDA unity?

We are all in CoDA for recovery. Our personal recovery depends on our adherence to the principles of the program, including the Steps, Traditions, and the group conscience process. In CoDA, we put aside our differences and keep opinions on outside issues private.

We trust that our group conscience leads to wise and thoughtful decisions, based on a Higher Power's guidance and our common welfare.

This is what keeps CoDA from being run by any one person, and provides an equal opportunity for every CoDA member to participate. We achieve CoDA unity when we respect these principles.

How does my personal recovery depend on CoDA unity? Can't I do it on my own?

We cannot recover in isolation; we need the unity, experience, and support of the Fellowship. As we participate in meetings and listen to others, we overcome denial and gradually start to love ourselves.

What is our common welfare?

Our common welfare comes from our shared purpose: recovery from codependence using the spiritual guidance of our program. We seek our common welfare in CoDA when we work for the good of all