

Growing Up in CoDA  
This is CoDA Service Conference endorsed literature.  
Copyright © 2023  
First Edition  
First Printing 2024  
All rights reserved

This publication may not be reproduced or  
photocopied without written permission of  
Co-Dependents Anonymous Inc.  
For more information about CoDA  
Co-Dependents Anonymous, Inc.  
[www.coda.org](http://www.coda.org)  
[info@coda.org](mailto:info@coda.org)

Phone: 602-277-7991  
Toll free: 888-444-2359  
Spanish toll free: 888-444-2379

To purchase additional copies of this publication and all  
other CoDA Service Conference endorsed literature:  
[www.corepublications.org](http://www.corepublications.org)  
[info@corepublications.org](mailto:info@corepublications.org)

ISBN: 978-0-9966052-6-7  
Library of Congress Control Number: 2024930125

**Acknowledgements:**

All quotations attributed to Co-Dependents Anonymous  
are from the Third Edition, First Printed in 2012,  
Reprinted in 2016, 2018, 2020, and 2022  
All quotations attributed to CoDA's Twelve Step  
Handbook, are from the First Edition, Revised 2021.

# Dedication

*To a loving Higher Power*

*To each member of the Fellowship of  
Co-Dependents Anonymous*

*To the codependent who still suffers*

*To the beloved child-within and the nurturing  
inner parent,*

*Hope, healing, and appreciation for the person  
you are today,*

*And for the whole person you are becoming...*

*Precious and free*

# Table of Contents

Preface - Why This Book Now? .....	6
Introduction - Our Spiritual Dilemma:	
Rediscovering Ourselves .....	11
Chapter One - Understanding Our Feelings.....	19
Chapter Two - Avoidance Behaviors and	
Addictions .....	51
Chapter Three - Healthy Child Development ...	76
Chapter Four - Our Unhealthy Childhoods ....	107
Chapter Five - The Effects of Abuse and Neglect .	144
Chapter Six - Healing Our Spiritual Wounds	
with Reparenting .....	179
Chapter Seven - Tools of Recovery.....	212
Chapter Eight - The Twelve Steps: Pathway	
to Emotional and Spiritual Maturity .....	254
My Struggle with Road Rage .....	286
An Upward Spiral in Recovery .....	289
Miraculous Healing.....	294
Real Love with Child.....	300
Codependence Recovery is not for the	
Weak of Heart .....	303
Sibling Rivalry .....	311
Willing to be Changed .....	314
My Epic Journey .....	322
Unconditional Love.....	327
Mother Wounds Beauty from Ashes.....	332
The Beautiful Dance .....	336
Married Father and Became Mother .....	340
My Angry Child Hijackings.....	346

The Roots of a Weed .....	350
The Preamble of Co-Dependents Anonymous .	354
The Welcome of Co-Dependents Anonymous ..	355
The Twelve Steps of Co-Dependents Anonymous .....	357
The Twelve Traditions of Co-Dependents Anonymous .....	359
The Twelve Promises of Co-Dependents Anonymous.....	361
The Patterns and Characteristics of Codependence .....	363
Appendix - Twelve Step Recovery Programs....	369

## Probing the Past

*Growing Up in CoDA* offers members a whole new world of resources for exploring and healing our childhood injuries from the standpoint of our inner child and reparenting concepts.

*Chapter One, Understanding Our Feelings*, helps us better identify and understand how our feelings became distorted or suppressed by the abuse and neglect we suffered in childhood

*Chapter Two, Avoidance Behaviors and Addictions*, offers a detailed exploration of the many types of avoidant behaviors and addictions many of us employed to cope with our pain.

*Chapter Three, Healthy Child Development*, lets the codependent see what growing up in a healthy environment might have looked and felt like.

*Chapter Four, Our Unhealthy Childhoods*, describes many types of abuse and neglect we may have suffered as children, enabling us to more clearly recognize the reality of the pain we experienced.

*Chapter Five, The Effects of Abuse and Neglect*, elaborates on how the abuse and neglect we endured laid the groundwork for our dysfunctional adult patterns and how they show up in our lives.

*Chapter Six, Healing Our Wound with Reparenting*, covers the power and practice of reparenting, with practical directions for using this valuable approach to heal.

*Chapter Seven, Tools of Recovery*, includes an overview of the key tools of our program and the promise of healing they offer for those who choose to use them. These are our tools for emotional growth.

*Chapter Eight, The Twelve Steps: Pathway to Emotional and Spiritual Maturity*, presents The Twelve Steps through the filter of reparenting the inner child, enriching valuable content presented in our basic text, *Co-Dependents Anonymous, The Twelve Steps & Twelve Traditions Workbook*, and other CoDA Service Conference endorsed literature.

Each chapter concludes with a few powerful exercises related to the chapter content to explore and cement learning for healing and growth.

Ultimately, this whole book is intended to advance and deepen healing that fosters the emotional and spiritual maturity we need to fully be who God intended and to enjoy healthier more loving relationships—authentic, precious, and free!