

A large, light gray watermark of the CoDA logo is centered in the background. It consists of a circle containing a diamond shape. The diamond's top-left side is labeled 'DISCOVERY', the top-right side 'RECOVERY', the bottom-left side 'SELF', and the bottom-right side 'RESPECT'. The text 'TO THINE OWN' is curved along the top inner edge of the circle, and 'SELF BE TRUE' is curved along the bottom inner edge. A copyright symbol (©) is located at the bottom vertex of the diamond. The text 'CoDA' is written across the center of the diamond.

The Affirmations Booklet

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Second Edition

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This booklet is a compilation of affirmations submitted by codependents for codependents. Affirmations are short positive statements, expressed in the present, that reinforce some part of our recovery. They are a method of focusing on the changes we want to make in our lives.

Being myself is glorious.

God helps me to keep my life uncomplicated.

I am aware of my recovery progress.

I enjoy an abundance of happiness.

My serenity deepens as my acceptance increases.