



# JOY IN THE JOURNEY

## RECOVER WITH COLOR



A coloring book  
for Co-Dependents  
on our path  
towards recovery



# JOY IN THE JOURNEY

## Recover with Color

CoDA Hidden Drawing Search

Find one of the hidden drawings in each of the coloring pages.



These are tiny, hidden signs for you to search for and color.

Enjoy!

*Joy in the Journey, Recover With Color*  
is CoDA Service Conference endorsed literature.

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FIRST EDITION

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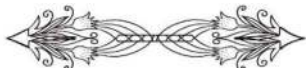
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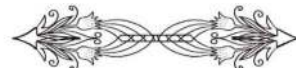
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# Step One



We admitted we were powerless over others—that our lives had become unmanageable.

# POWERLESS

## *I learn to ask*

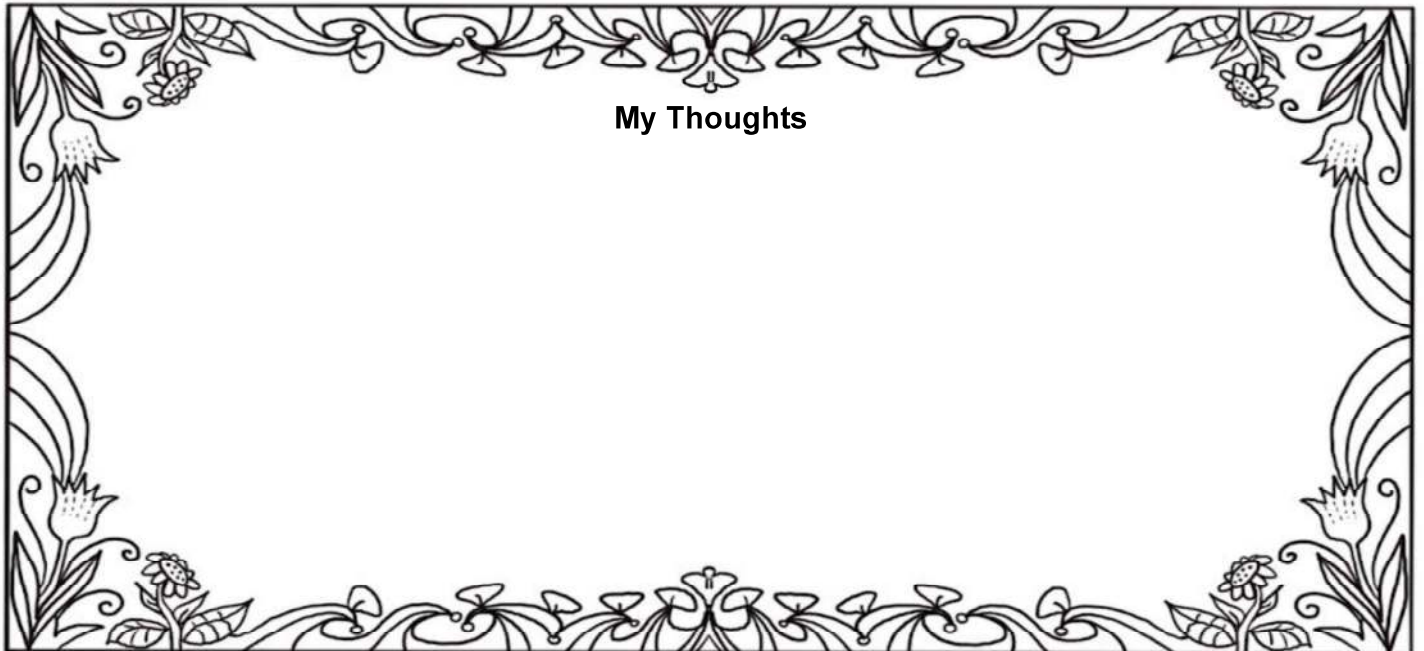
*“What do I want?” “What do I think?” “What do I feel?”*<sup>1</sup>

*I begin to see that I have not been given the right to control another person’s behavior, but I have been given the responsibility to set limits and boundaries for myself with others.*

*“Step One is both the hope and the beginning of my spiritual solution. Working this Step allows me to identify, accept, and admit that I am powerless over others. What a relief!”*<sup>2</sup>

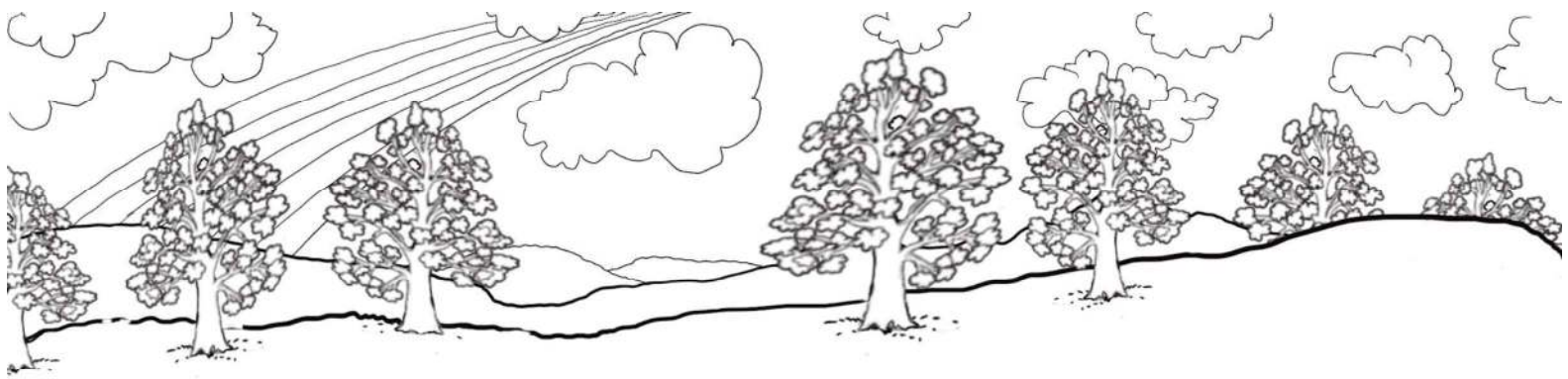


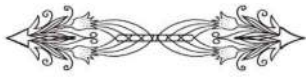
**A program of tools not rules.**



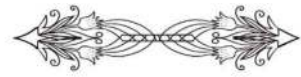
**Affirmation: I am enough, I have enough, I do enough.**







# Tradition One



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

# UNITY

*I am willing to let go of my own ego and personal agenda in order to support the common welfare of CoDA. I learn to speak my truth and allow others the same privilege. By actively applying the principles of our program, I see that neither control nor compliance supports our common welfare and unity. I learn to listen, to have an open mind and heart.*

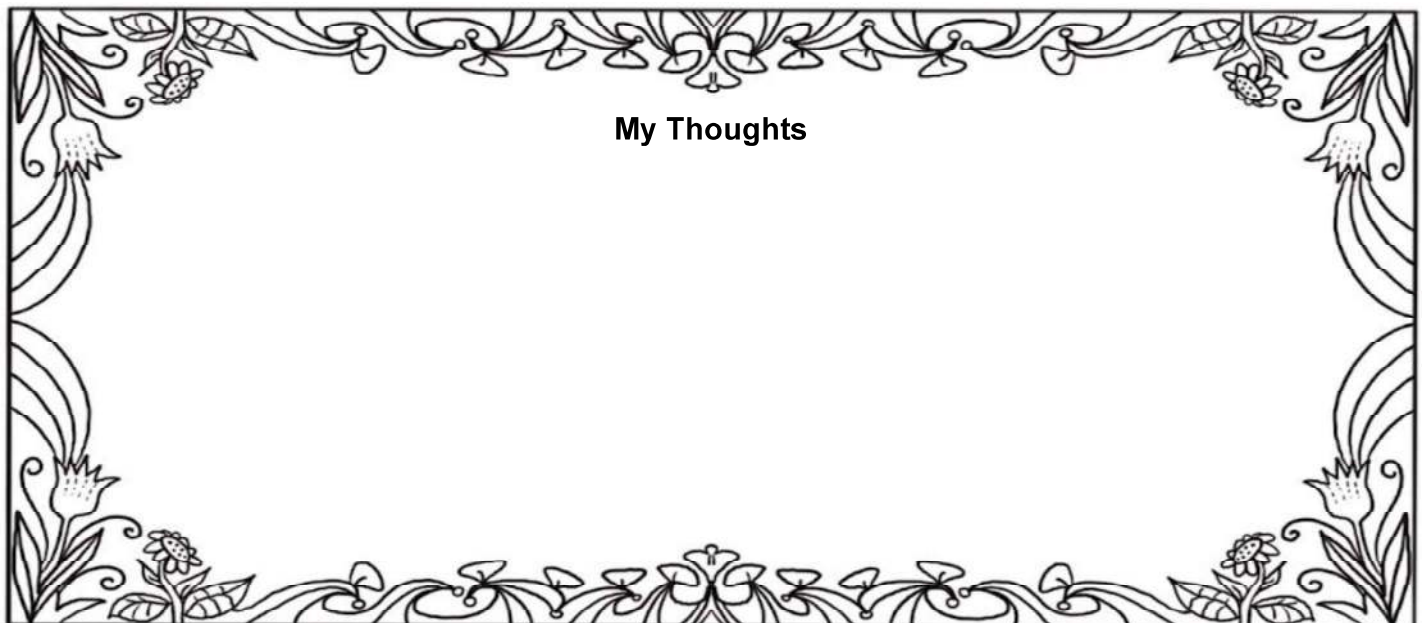


### **In the Rooms of CoDA**

*I learn to speak my truth.  
I learn to care for myself  
by identifying and expressing  
my feelings, needs, and boundaries.*



**You can't keep it unless you give it away.**



**My Thoughts**

**Affirmation: I am accepting of others and myself.**