

**Making Choices in Recovery:
Positive Affirmations for Working On Our
Shortcomings**

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is CoDA Service Conference endorsed literature.
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Making Choices Prayer

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.

Introduction

Many of us came into the CoDA Fellowship full of self-doubt. We did not trust ourselves or others. Even if we had previously had a relationship with a Higher Power -- a God of our understanding -- we may have found our idea of a Higher Power to be either threatening, remote, uncaring, judgemental, or punishing. That Higher Power did not help us trust ourselves.

Often what we affirmed in our self talk was a bombardment of abusive, self-destructive, and self-defeating messages. Over time, repeating these invalidating statements to ourselves created negative beliefs about who we are and how we see ourselves in the world.

We offer this second edition of *Making Choices in Recovery* to the Fellowship with love. It represents our expanded understanding of ways to work the lifesaving CoDA program, with a particular focus on working Steps Six and Seven. We hope individuals and meetings will find the new, expanded booklet a useful tool for change.

Steps Six and Seven

Step Six: *Were entirely ready to have God remove all these defects of character.*

Step Seven: *Humbly asked God to remove our shortcomings.*

Believing we are not good enough is a heavy burden. It saps our energy - physically, mentally, emotionally, and spiritually. When we believe these untruths about ourselves, life seems pretty grim. We find hope as we attend CoDA meetings and work the Steps and Traditions.

We became aware of our codependent characteristics as we worked Steps Four and Five. By the time we have reached Steps Six and Seven, we have experienced enough of the recovery process to believe we just might have some CHOICES - even if we don't feel entirely free, serene, or happy.

When we become ready, we ask our Higher Power to remove our behaviors that cause fear, shame, blame, sexual problems, self-criticism, and resistance. Then changes can occur.

When these old and painful self-judgements, which have resided with us for so long, rear their ugly heads, we can remind ourselves that we have a choice. We can acknowledge the presence of these worn-out thoughts. As we allow these "old friends" to pass through our thinking without judgment, we can turn to our Higher Power for help.

Higher Power, in this moment I am feeling worthless.

Please take this belief from me.

Thank You.

From Fear to Faith

When we come to CoDA, we are amazed to realize that we have put faith in our fears. We believe in negative outcomes. We expect others will discover our unworthiness. We have faith that we deserve very little joy or peace. We are rarely surprised when others disappoint us.

In CoDA, we can learn to focus our faith in another direction, towards our Higher Power and our recovery. In place of these old ideas, we can choose new thoughts - positive statements of recovery.

Here are a few suggestions:

1. As I let go of damaging beliefs about myself and others, I feel free.
2. My Higher Power is present and active and is with me in all situations.
3. I release all worn-out behaviors in my life.
4. I'm alright in this moment.
5. I trust myself.
6. I let my Higher Power lead the way. I am safe and secure.
7. I am exactly where I need to be, and when I am ready, I have the ability to move on.
8. I am equal to the situation which is before me.
9. I am competent.
10. I see my life experience as a series of opportunities for growth.
11. Every uncomfortable situation has a solution.
12. My Higher Power works in unexpected places, at unexpected times, through unexpected people.

When we are ready to move from fear to faith, we can say this prayer:

*Higher Power, please remove my fearful thoughts
and help me trust in You and in myself.
Thank You.*

From Shame to Acceptance

Many of us have experienced life as a series of maneuvers to avoid feeling shame. Even when we constructed elaborate walls to protect ourselves from the scrutiny of others, an inadvertent slight by another could crush our defenses and send us into a tailspin of fear and shame. We often held on to shame for days, months, and even years.

Working the first five Steps of the CoDA program helped us to become aware of some of our codependent patterns and characteristics. We begin to recognize how they developed in childhood and persisted and deepened in adulthood.

Step Six, "*Were entirely ready to have God remove all these defects of character*" offers us a beginning - to replace our "wall of shame" with the healing power of acceptance.

Step Seven, "*Humbly asked God to remove our shortcomings*" invites our Higher Power to work within us.

We offer the following categories for reflection:

My Body

My Emotions

My Thoughts

My Spirit

My Integrity

My Sexuality

My Body

Codependency is a disease of extremes, employed in an attempt to overcome feeling inadequate. This is reflected in how we relate to our bodies. Some feel numb, disconnected, and apathetic. Others may fixate on perfecting their appearance, obsessively exercising, dieting, or having surgeries.

In recovery, we can choose to explore our feelings about our bodies and learn new attitudes and behaviors. As we work The Twelve Steps, we can ask our Higher Power to be our ally in healing our relationship with our body.

1. As I turn my attention to my physical body, I experience gratitude, appreciation, and love.
2. I accept my body as it is.
3. As I let go of negative thoughts I have held about my body, I feel at peace.
4. I ask my Higher Power to help me wrap my body in thoughts of love and comfort.
5. I forgive myself for judging my body as not good enough.
6. I let go of all worry about what others think of my appearance .
7. I have all the energy I need right now.
8. I treat my body with love and respect.
9. I take care of my body with adequate rest, exercise, and nutritious food.
10. When I feel overwhelmed, I remember to breathe deeply, let go, calm myself, and feel grounded in my body.
11. I feel a sense of wholeness, an integration of my body, mind, and spirit.
12. I set physical boundaries. I say “no” when I don’t want to be touched.

When we are ready to move from body shame to acceptance, we can say this prayer:

*Higher Power, please remove my shame about my body
and help me accept the beautiful creation that I am.*

Thank You

My Emotions

Many of us begin our recovery in a jumble of emotions. Working Steps One through Five offers us a way to identify and accept our strong feelings. Some of the underlying dynamics that have led us to feel out of control become clear. Sharing and listening in CoDA meetings and in meetings with our sponsor can help us learn to process and release some of the overwhelming intensity of our feelings.

As we become ready, we ask our Higher Power to remove our shortcomings. We choose to take a leap of faith, letting go of the overwhelming feelings that have been holding us back.

1. I let go of wearing the mask that disguised my true feelings.
2. I am learning healthy ways to feel and express my anger.
3. As I allow myself to grieve, my sadness recedes, creating space for joy.
4. I feel, accept, express, and release my feelings.
5. I have the ability to receive and give love.
6. My feelings of fear are decreasing.
7. I am emotionally healthy.
8. I experience my emotions moderately.
9. I express my feelings honestly and respectfully.
10. I allow my feelings to flow through me, without getting stuck.
11. My feelings are real, and I handle them.
12. My Higher Power is my partner in healing overwhelming emotions. .

When we are ready to move from emotional shame to acceptance, we can say this prayer:

*Higher Power, please remove my shame about my feelings
and help me accept that they are valid and important.
Thank You.*

My Thoughts

Codependent thinking keeps us stuck. Thoughts can create the illusion that we are living in the past, prisoners of regret, resentment, and shame. Thoughts can keep us paralyzed by fear and dread of what we imagine is coming next. We cling to our codependent attitudes in an attempt to exert control over our lives, the lives of those close to us, and the future.

In recovery, we discover our thoughts are not the boss; we can choose to change our thoughts. Understanding dawns, and we live in the present, able to take action and leave the rest to our Higher Power's care.

1. I have the ability to make decisions.
2. I say "no" to old thoughts and replace them with new ideas.
3. My thoughts are more manageable.
4. I let my Higher Power take confusion from me and replace it with clarity and serenity.
5. I have confidence in myself.
6. I have my own opinions and can change them if I choose to do so.
7. With the help of my Higher Power, I release patterns of repetitive, obsessive thinking.
8. My thoughts are my own.
9. I trust my intuition as inspiration from my Higher Power.
10. Other people's opinions are none of my business.
11. As I stop worrying about trying to fix everybody, my focus on myself improves.
12. I am free from confusion. I let my Higher Power take all confusion from me and replace it with peace, serenity, and confidence.

When we are ready to move from shame to acceptance of our thoughts, we can say this prayer:

*Higher Power, please remove my shame
and guide my thoughts for the highest good.
Thank You.*

My Spirit

Working a recovery program challenges us to embrace change and to let go of control. A big challenge for many recovering codependents is to accept help. We want to be in control; we want what we want when we want it.

Relying on a Higher Power, or even believing one exists, may seem difficult. Approaching Steps Six and Seven means asking our Higher Power to do some heavy lifting, and for us to let go. This may feel like an impossible task, but all we need is a small amount of willingness to make a start.

As our attitudes, behaviors, and thinking change, we find our spirits changing too. We feel lighter, able to laugh at ourselves, and to experience gratitude and even joy.

1. I choose to accept and to feel my Higher Power's unconditional love.
2. I am grateful that my Higher Power is always with me.
3. I am a spiritual being.
4. I am willing to follow the guidance of my Higher Power.
5. I am open to the possibility of change.
6. I let go of my resentments and become more at peace with myself and others.
7. I know that good things are possible in my life.
8. I claim my birthright: harmony, health, peace, joy, and true self-expression.
9. I welcome joy and happiness into my spiritual life.
10. My soul is precious and free.

When we are ready to move from spiritual shame to acceptance, we can say this prayer:

*Higher Power, please remove my spiritual shame
and help me accept Your love and share it with others.
Thank You.*

My Integrity

Many of us spent a lifetime giving away our power to others. We lost the awareness of what was inherently ours; we had lost our personal integrity. In recovery we choose to set healthy boundaries with gentleness, acceptance, and love.

In CoDA, we learn that the love we seek comes from a Higher Power. This is the journey we travel: to recognize our inner knowing, wisdom, and wholeness. We gain the courage to stand in our own truth.

1. With the help of my Higher Power, I learn to define and maintain my own boundaries.
2. I say “yes” to what I want and “no” to what I don’t want. The choice is mine.
3. I know who I am, and I am comfortable with myself.
4. I act with dignity in accordance with my truth.
5. I am able to be close to another person without abandoning my integrity.
6. I deserve equal relationships with people who honor my boundaries.
7. In any relationship, I have a clear sense of myself.
8. I have the courage to maintain healthy boundaries even if others don’t understand.
9. I honor my personal beliefs, values, and desires.
10. I am free from the fear, anger, moodiness, and behaviors of others. I detach with love.
11. With the help of my Higher Power, I have the courage to say “No.” I let go of all guilt, shame, and fear. I am a valuable human being and I deserve to be treated with dignity and respect.

When we are ready to claim our true selves, we can say this prayer:

*Higher Power, please help me set and maintain healthy boundaries
To thereby reclaim and honor my integrity.
Thank You.*

My Sexuality

For many recovering codependents, our early experiences with sex and sexuality have been confusing, scary, painful, or traumatic, leading to feelings of shame, guilt, fear, anger, resentment, and grief.

Some of us were raised by caregivers who withheld spontaneous affection, such as hugging. Some of us were sexually abused or traumatized as children by people who should have nurtured and protected us. Many of us repeat the unhealthy patterns of sexual and relationship behavior we experienced in the past.

As adults, we may have been emotionally, mentally, physically, or sexually manipulated or abused. We may avoid any form of intimacy out of fear of being abandoned or abused. We may have turned to food, alcohol, drugs, work, or other addictions to dull the pain and attempt to make ourselves feel OK.

As we progress in our recovery, sexuality issues invariably arise. Relying on our Higher Power is a good place to start the healing process. When we are ready, talking with our sponsor and friends in CoDA is affirming and supportive. We dare to stand in our own truth.

Today, we have the choice to define ourselves in new ways and to explore love, intimacy, gender, and sexuality.

1. With my Higher Power's help, I release my shame and fear of intimacy and become free to explore my own sexuality.
2. No one can label my sexuality but me.
3. I accept my body and my sexuality as wonderful aspects of my wholeness and as gifts from my Higher Power.
4. I am aware of the healing presence of my Higher Power and feel comfortable in my own skin.
5. It is OK to talk about my sexuality with a safe person.
6. I forgive myself for accepting sex when I wanted love.
7. I express my sexuality in healthy ways that respect myself and others.
8. Pleasing another person sexually is my choice, not my duty.

I am free to ask for what pleases me.

9. I am entitled to set my own sexual boundaries.
10. I choose to say, "No," whenever I feel uncomfortable with a person or a behavior, even if I have allowed this in the past.
11. I am free to choose celibacy if that is right for me.
12. My Higher Power loves every aspect of who I am unconditionally.

When we are ready to improve our relationship with our sexuality, we can say this prayer:

*Higher Power, please help me to relinquish my codependent thoughts and behaviors, and feel empowered in my sexuality.
Thank You.*

From Blame To Forgiveness

It was difficult for some of us to let go of the past. We wanted to recover, but we still blamed ourselves and others for the pain we had so long endured. We felt overwhelmed and stuck.

Steps Six and Seven offer us the opportunity to release our old ways of coping. We learn to forgive ourselves and others, but we need not forget what happened. We set healthy boundaries to protect ourselves in the future.

We become willing to accept help from our Higher Power in order to be entirely ready to have all our defects of character removed.

1. I no longer blame myself for my past.
2. I accept responsibility for my past actions.
3. Letting go of blame, I acknowledge the influence others have had on my life.
4. With my Higher Power's help, I let go of the need to be defensive.
5. I make peace with myself and become more serene as I learn to forgive.
6. As my self-love increases, I accept love from others with greater ease.
7. I apply love in my thoughts, my words, and my actions.
8. I am filled with more tolerance for myself and others.
9. My understanding and compassion increase daily.
10. I have a deep connection with a forgiving Higher Power.
11. I am accepting, loving, and forgiving.
12. As I learn to trust my Higher Power and release my fear of others, love and acceptance fill my being.

When we are ready to move from blame to acceptance, we can say this prayer:

*Higher Power, when I begin to blame myself or others,
Please grant me the serenity to accept the things I cannot change.
Thank You.*

From Self-abuse to Self-care

After completing our Fourth Step inventory, many of us were surprised to discover how little self-worth we had. Some of us found that deep within there was a belief that we had no reason to be alive, no right to exist. We may have avoided life with the help of mood-altering substances such as drugs, alcohol, and food. We lost ourselves in a variety of obsessive distractions: relationships, sex, work, shopping, exercising, gambling, gaming, or watching television. Some of us actively avoided intimate relationships.

In working Step Four, we came to see our codependent characteristics as our strategies for coping with the overwhelming stress and trauma we experienced in childhood. Many of us came to understand that much of what we thought was true about ourselves was untrue and really only someone else's opinion. We had carried these false beliefs and coping behaviors into adulthood.

In Step Five, we shared our positive and negative characteristics with our Higher Power, ourselves, and our sponsor. This helped release some of the old burdens we had carried in silence and shame.

Now, as we work Steps Six and Seven, our true selves emerge. We find that living our lives is worthwhile. We practice compassionate self-care.

1. As I work the Steps and Traditions, I appreciate myself more.
2. I am grateful for a Higher Power in my life today.
3. I have the right to be here, to exist.
4. I talk to myself in a gentle and loving way.
5. As I care for myself, I experience happiness and joy.
6. By honoring my internal boundaries, I respect my needs and wants.
7. I am lovable, and I am worthy of love.
8. The rhythm of my life matters; I take my own time.
9. I am enough.

10. I value and honor my feelings.
11. I am worthwhile and important.
12. I let go of critical voices and give myself comfort and compassion.

When we are ready to give up self-defeating self-talk, we can say this prayer:

*Higher Power, please help me accept, love, and respect myself
As a valuable and worthwhile human being.
Thank You.*

Dealing With Resistance

Some of us found that no matter what we did, the belief that we were flawed persisted. It was hard to accept positive thoughts about ourselves. We had given affirmations a try only to find that our internal negative beliefs were stimulated. As a result, we felt resistant and unwilling to work Steps Six and Seven. The discomfort was just too great. Fortunately, we didn't have to walk the path of recovery alone.

We learned that others in the CoDA Fellowship had felt as we did. Relying on their experience and strength became our hope. We decided to take the action anyway, trusting the recovery process that had carried us this far. We came to believe in the power of the CoDA program.

We remember that although positive affirmations are beneficial, we must continue to work the *Twelve Steps* and *Twelve Traditions* with a sponsor. We develop closer relationships with our Higher Power and friends in the CoDA Fellowship. Affirmations are important tools that assist us on our journey, so we decide to give them another chance.

An action we find helpful is to say our affirmations out loud and then jot down any negative responses that surface. Some of us use this information as an addition to our written inventory. Not only does it give us further insight into the sense of our self-worth, it also shows us where we might have a character defect or the need to make amends to ourselves and others. If we continue this process, there will be a time when we can say a particular affirmation and our response will be "Yes!"

Here is a list of some actions to try:

1. We choose one positive affirmation that represents a quality we want to achieve.
2. We repeat our affirmation to ourselves, aloud, for a given period of time.
3. We write our statement down as many times as we think necessary.
4. We write the statement on slips of paper and place these

reminders in strategic locations in our living spaces, workplaces, and cars.

5. As we look deeply into our eyes in the mirror, we speak the statement to ourselves. Some of us nod back to ourselves in affirmation.
6. We sing our affirmation as we take a shower, vacuum our homes, or take a walk.
7. We share our statement with our sponsor and CoDA friends, people we count on for support.

When we are ready to have our resistance removed, we can say this prayer:

*Higher Power, I still have resistance to change.
Please grant me the willingness, courage, and strength
To open myself to Your love and healing.
Thank You.*

Summing Up

Having worked the first Five Steps of the CoDA program, we discovered that we can't fix ourselves or think our way into new behaviors in isolation. We need our Higher Power's help.

As we commit to working Steps Six and Seven, we begin with a fourfold process:

1. *Acknowledge* our learned, self-destructive beliefs that cause us pain;
2. *Become willing* to trust our Higher Power to change us;
3. *Choose* new beliefs, using the tools of the CoDA program; and
4. *Forgive ourselves* when we have setbacks, and try again.

The positive statements of recovery in this booklet are presented to show us that how we talk to ourselves is a *choice*. They offer us the opportunity to change our thoughts, our feelings, and ultimately our beliefs and behavior. It is important for us to remember that during a crisis or when feeling overwhelmed we may become discouraged; but we learn we always have the ability to choose.

Making positive choices is new for many of us. As we recover from codependence, we are given the opportunity to develop faith in our own inherent worthiness. We learn that we can trust our Higher Power to be a partner in our healing.

Using positive affirmations supports us as we work Steps Six and Seven and helps prepare us to work Step Eight. We remember that affirmations are not a substitute for committing to work all the Steps and Traditions.

Create Your Own Affirmations

When we create personal affirmations of recovery, we put them into positive language. In other words, “I am a valuable person” is more affirming than “I’m not worthless.”

Positive affirmations are more powerful when we put them in the present tense. “With my Higher Power’s help, I *am* changing,” is more nurturing than “With my Higher Power’s help, I will change” or “With my Higher Power’s help, I can change.”

Another important point - most of us have found that these positive statements work best if they are about being rather than doing. “I do my work on time” can be burdensome because such statements focus on what we do and how we perform while “I am caring” reflects the truth about who we are.

My Positive Recovery Statements

PREAMBLE

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery — learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.

We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege.

This renewal process is a gift of healing for us. By actively working the program of Co-Dependents Anonymous, we can each realize a new joy, acceptance and serenity in our lives.

WELCOME

We welcome you to Co-Dependents Anonymous, a program of recovery from codependence, where each of us may share our experience, strength, and hope in our efforts to find freedom where there has been bondage and peace where there has been turmoil in our relationships with others and ourselves.

Most of us have been searching for ways to overcome the dilemmas of the conflicts in our relationships and our childhoods. Many of us were raised in families where addictions existed – some of us were not. In either case, we have found in each of our lives that codependence is a most deeply rooted compulsive behavior and that it is born out of our sometimes moderately, sometimes extremely dysfunctional families and other systems. We have each experienced in our own ways the painful trauma of the emptiness of our childhood and relationships throughout our lives.

We attempted to use others – our mates, friends, and even our children, as our sole source of identity, value and well being, and as a way of trying to restore within us the emotional losses from our childhoods. Our histories may include other powerful addictions which at times we have used to cope with our codependence.

We have all learned to survive life, but in CoDA we are learning to live life. Through applying the Twelve Steps and principles found in CoDA to our daily life and relationships both present and past – we can experience a new freedom from our self defeating lifestyles. It is an individual growth process. Each of us is growing at our own pace and will continue to do so as we remain open to God's will for us on a daily basis. Our sharing is our way of identification and helps us to free the emotional bonds of our past and the compulsive control of our present.

No matter how traumatic your past or despairing your present may seem, there is hope for a new day in the program of Co-Dependents Anonymous. No longer do you need to rely on others as a power greater than yourself. May you instead find here a new strength within to be that which God intended – Precious

and Free.

THE TWELVE STEPS OF CO-DEPENDENTS ANONYMOUS

1. We admitted we were powerless over others, that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other codependents and to practice these principles in all our affairs.

The Twelve Steps are adapted and printed with permission of Alcoholics Anonymous World Services, Inc.

THE TWELVE TRADITIONS OF CO-DEPENDENTS ANONYMOUS

1. Our common welfare should come first; personal recovery depends upon CoDA unity.
2. For our group purpose there is but one ultimate authority – a loving Higher Power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in CoDA is a desire for healthy and loving relationships.
4. Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.
5. Each group has but one primary purpose — to carry its message to other codependents who still suffer.
6. A CoDA group ought never endorse, finance, or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary spiritual aim.
7. Every CoDA group ought to be fully self-supporting, declining outside contributions.
8. Co-Dependents Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. CoDA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction

rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

12. Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

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THE TWELVE PROMISES

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions...

1. I know a new sense of belonging. The feelings of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity, and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving, and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible for me to mend – to become more loving, intimate, and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.

11. I trust the guidance I receive from my Higher Power and come to believe in my own capabilities.

12. I gradually experience serenity, strength, and spiritual growth in my daily life.