



CoDA Is.....

Codependents 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 fulfilling 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 to us. By actively working the program of Codependents Anonymous, we can each realize a new joy, acceptance, and serenity in our lives.

What is Codependence?

Many of us struggle with the questions: What is codependence? Am I codependent? We want precise definitions and diagnostic criteria before we will decide. As stated in our Eight Tradition, Codependents Anonymous is a non-professional Fellowship. We offer no definition or diagnostic criteria for codependence. What we do offer from our experience are characteristic attitudes and behaviors that describe what our codependent histories have been like. We believe that recovery begins with self-diagnosis. We come to accept our inability to maintain healthy and nurturing relationships with others and ourselves. We begin to recognize that the cause lay in long-standing destructive patterns of living.

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