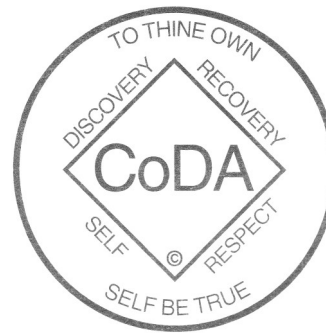


# Co-Dependents Anonymous

Co-dependents Anonymous (CoDA) is a worldwide network of groups of men and women who share the common purpose of learning how to develop and maintain healthy and fulfilling relationships.

As CoDA is an anonymous Twelve Step group, each person's privacy is protected. Its' program is based on an adapted version of the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. As such it is a spiritual not a religious program. It is a non-profit organisation, there are no fees for membership, each group is fully self supporting by voluntary donations from its members.



## Co-Dependents Anonymous National Service Office

10 Shepherd Street, Chippendale,  
Sydney NSW 2008

Phone: 02 8230 3959

Recorded meetings List: 02 9281 3001

[www.codependentsanonymous.org.au](http://www.codependentsanonymous.org.au)

*Co-Dependents Anonymous  
Brochure for Health Professionals*

# Co-Dependents Anonymous

Dear Health Professional,

Thank you for your interest in CoDA.

Co-Dependents Anonymous (CoDA) is a fellowship of support groups for men and women who share an interest in recovering from co-dependency and the problems that it has caused in our lives.

**The only requirement for membership in CoDA is a desire for healthy and fulfilling relationships with ourselves and others.**

Like other groups based on adapted versions of the Twelve Steps of Alcoholics Anonymous, Co-Dependents Anonymous offers an entirely voluntary program, operating on the principle that it is up to each person to decide if they are co-dependent and if CoDA is right for them.

## CO-DEPENDENCE

Co-Dependence could be described as a condition born of losing connection with our authentic self, thereby losing the ability to share our true self with others and be in healthy intimate relationships. Somewhere along the line we may have learned to doubt our perceptions, discount our feelings, and overlook our needs. Subsequently, we may have learned to look to others to tell us what to think, what to feel and how to behave, becoming overly dependent on others.

We may also have rebelled, trapping ourselves in our reactions to others. Or childhood experience of abuse may have left us with habits of being overly independent, unable to trust anyone or allow anyone close. We may also alternate between these patterns. In any case, hiding our true selves, our real thoughts, feelings and needs, is painful and exhausting.

We may have used alcohol, drugs, food, nicotine, activities, sex, or preoccupation with others, to try to escape this underlying condition.

## RECOVERY

**The suggested program for recovery is based on attending meetings, working through the Twelve Steps, sponsorship and service.**

A safe environment without crosstalk or feedback is created by meeting guidelines. Each person speaking is listened to without interruption or comment, and is not given advice.

When we are ready we can begin sharing our authentic feelings and experiences in the safe environment of meetings. For some of us this can be the first time in our lives that we are listened to without being interrupted, misinterpreted, or criticized.

By working through the process of the Twelve Steps, we can recover a capacity for being more genuinely ourselves. We can come to know a new love and acceptance of ourselves and others. We can learn to maintain healthy boundaries, and become more capable of sustaining intimate and loving relationships.

## MORE INFORMATION

The Twelve Step Program was originally developed by the founders of Alcoholics Anonymous in 1939. CoDA was founded in 1986.

The basic principle of anonymity allows people to attend meetings without fear of legal or social repercussions. Anonymity also supports an atmosphere of equality in meetings.

CoDA is non-professional, it is not affiliated with any religious, political or other institution and is fully self-supporting through the voluntary contributions of its members.

Many members seek the help of the professional community at some point in their journey.

You are welcome to phone our National Service Office on **02 8230 3959** or visit our website at **[www.codependentsanonymous.org.au](http://www.codependentsanonymous.org.au)** for more information. If you would like to learn more about CoDA or other Twelve Step Programs you are also welcome to attend CoDA or other Twelve Step meetings. In accordance with the Tradition of anonymity, we ask that you identify yourself at meetings by your first name only, and do not state your profession. You may wish to say you are there just to listen or you are interested in learning more about CoDA or about the Twelve Steps.

**Please feel free to display and provide our Introductory brochures for clients, and to contact the CoDA office if you would like more copies.**

Kind regards,

CoDA National Service Office