

Using the Twelve Traditions of Codependents

Anonymous

Tradition One

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

Our First Tradition reminds us that without the strength of our CoDA Fellowship, we do not recover on our own; CoDA's existence depends on CoDA unity. We need the continuity of our common bonds, such as literature, meeting format, the Steps, the Traditions and recovery tools and concepts. We come together, in unity, to help each other recognize that we are not alone in our recovery. Each member is a unique part of a greater whole. We value every individual's experience, strength and hope.

Tradition Two

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.

In CoDA, our ultimate authority comes from a power greater than ourselves. We call this power our "group conscience." A group conscience is the collective expression of every member's loving Higher Power. The group conscience provides guidance for all CoDA groups in an atmosphere of safety, respect and acceptance. No individual is an authority in a CoDA group. At all levels of service, members are responsible to carry out the decisions made through the group conscience process.

Tradition Three

The only requirement for membership in CoDA is a desire for healthy and loving relationships.

This Tradition gives hope to all who suffer from codependency. We are members of this organization when we say we are. Membership in CoDA is self-determined by a personal desire to experience loving and healthy relationships.

Tradition Four

Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.

As long as a group follows the Twelve Steps and Twelve Traditions, and reads the preamble and welcome as written, it may be recognized as a part of Co-Dependents Anonymous. After meeting these requirements, each group is responsible to its membership through the group conscience process. Each group has the obligation to make responsible decisions regarding its own affairs. In the spirit of unity, each CoDA group needs to be accountable for its decisions and actions which affect CoDA as a whole.

Tradition Five

Each group has but one primary purpose—to carry its message to other codependents who still suffer.

We carry the message of recovery from codependence to those of us who still suffer, sharing our experience, strength, and hope. We are diligent in keeping this as our primary spiritual aim.

Tradition Six

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.

CoDA groups do not use the CoDA name to promote or support any outside author or written material, organization, therapy, religion, political group, charity, business or financial enterprise. When we use any facility for meetings or events, we pay for its use, implying no affiliation. We actively protect ourselves from matters that might otherwise divert us from our main spiritual goal: recovery from codependency.

Tradition Seven

Every CoDA group ought to be fully self-supporting, declining outside contributions.

CoDA groups encourage responsibility in financial matters, such as paying for meeting room space, literature and refreshments. We maintain treasuries through voluntary

contributions from members only. After the group meets its own needs and obligation, it is suggested that excess funds over and above a prudent reserve be distributed to the larger communities of CoDA: local, state, regional, provincial, national or international. Co-Dependents Anonymous does not accept large contributions from any individual, nor do we accept money, space or services from non-CoDA sources. Thus, we maintain accountability and independence.

Tradition Eight

Co-Dependents Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

In CoDA, no one is paid to share experience, strength and hope, whether at meetings, as sponsors, or in any other Twelve Step related activity. Professionals attending CoDA meetings do so as members only, and do not use the Fellowship to further their business interests. Our service centers may hire member or non-member employees for business needs. We may reimburse service related expenses, when financially possible, to those who serve the Fellowship.

Tradition Nine

CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

CoDA groups need the least possible organization that can accomplish our service responsibilities. We are organized through our service structure. We rely upon the spiritual leadership of a loving Higher Power as expressed through the group conscience at allservice levels, as opposed to rigid organization. Positions of leadership need to be regularly rotated. By doing so, we welcome the active flow of new ideas and energy to service. Our service structure consists of volunteers from the Fellowship who act in CoDA's best interests by reflecting the group conscience of CoDA as a whole. All CoDA members have an opportunity to offer service as a vital part of their recovery.

Tradition Ten

CoDA has no opinion on outside issues; hence, the CoDA name ought never be drawn into public controversy.

Our sole purpose is recovery from codependency through working the Twelve Steps and Twelve Traditions. CoDA groups and members refrain from linking the CoDA name to our personal opinions on any outside issue or organization, including politics, religion, other self-help groups, therapeutic concepts, recovery centers, businesses, literature or causes. If we identify ourselves as members of the Fellowship, then we remain neutral on all public matters. We have no authority to speak for CoDA as a whole, and we disengage from controversial issues.

Tradition Eleven

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.

CoDA groups and members do not advertise or promote the Fellowship; the experience, strength and hope of members speaks for itself. Our announcements to the public supply necessary meeting information, such as time, day and location. Relations with the media are handled through appropriate service entities, such as public information committees or Fellowship Services. In meetings, we identify ourselves by first names only. However, members may choose to shed their anonymity at a personal level. We make our meeting information and literature available to the community.

Tradition Twelve

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

Anonymity has profound spiritual value. Since we focus on building self-worth, we cannot afford personal quests for power or prestige. We are constantly reminded to look beyond our egos and personalities toward the higher issues of recovery. Anonymity challenges us to practice true humility and reminds us that the principles of the CoDA program transcend any individual.

GOD,
grant me the
SERENITY
to accept the things
I cannot change,
COURAGE
to change the
things I can, and
WISDOM
to know the difference.



*For general information about CoDA,
please write or call:*

*Co-Dependents Anonymous, Inc.
P.O. Box 33577
Phoenix, AZ 85067-3577
USA*

*Phone: 0602-277-7991
Toll Free: 888-444-2359
Spanish Toll Free: 888-444-2379
www.coda.org*

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*CoRe Publications
P.O. Box 1004
Denver, NC 28037-1004
USA*

*Phone: 704-483-3038
Fax: 704-483-3088*

*E-mail: coreorders@coda.org
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