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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

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and lives over to the care of God as we understood God. 4 Made a searching and fearless moral inventory of ourselves.

Twelve Steps - CoDA.org

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The Twelve Traditions of Co-Dependents Anonymous.

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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.

The Twelve Traditions of Co-Dependents **Anonymous**

recovery from codependency: The Twelve Steps Handbook, "Chapter 3, A Suggested Program of Recovery" in the text Co-Dependents Anonymous, and The Twelve Steps and Twelve Traditions Workbook. This document will focus primarily on the 12 Steps and 12 Traditions Workbook, which these small, committed groups most often use.

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Working the Steps as a Group - Co-Dependents Anonymous

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The Twelve Steps of Co-Dependents Anonymous

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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.

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TWELVE TRADITIONS. Tradition One. Tradition Two. Tradition Three. Tradition Four. Tradition Five. Tradition Six. Tradition Seven. Tradition Eight.

Alcoholics Anonymous : Twelve Steps and Twelve Traditions

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