

From Shame to Gratitude: A Recovery Journey

Based on the 12 Steps of Codependents Anonymous

(Codependents Anonymous: "Twelve Steps & Twelve Traditions – The Workbook, p. 54)

About what specific event am I having feelings of shame (i.e., embarrassment, stupidity, worthlessness, or badness)?

1) Is there anything about this event that feels unmanageable? Am I powerless over any of this?

2) Could my Higher Power restore me to sanity about this? What would sanity look like in regard to my thoughts and feelings when I remember this event?

3) Can I make a decision to turn over my will about these thoughts and feelings to my Higher Power?
Can I make a decision to turn my life about this over to my Higher Power?

4) Searching and fearless moral inventory:

My codependent behaviors & reactions:

My feelings that drove those behaviors:

Consequences to others, myself, relationships:

5) I will share this worksheet with a fellow Recovering codependent.

6) Am I ready to have my Higher Power remove this shame?

7) Higher Power, please relieve me of this shame about:

8) Who have I harmed because of what I did?

9) I will make direct amends to them if it will not injure them or others. I will say or write to them the following:

10) I will continue to inventory and make amends about this if I do it again.

11) I will pray and meditate for my Higher Power's will about this event and the power to carry that out.

12) I will carry the message about this to others and practice what I've learned in all my affairs.