

The Tool Box of Recovery



Step One

We admitted we were powerless over others –
that our lives had become unmanageable.

Even though new behavior may feel uncomfortable, we can address each situation in our lives one at a time with the Steps, beginning with Step One. CoDA 12 step workbook page 9

Admitting Powerlessness and Unmanageability

On Powerlessness - Co-Dependents Anonymous Book page 28

On Unmanageability- Co-Dependents Anonymous Book page 28

Identifying the disease- body, mind and spirit

BODY- tiredness, lethargy, tightness, tingling, isolation, off center, disassociation /not connected to my body, no grounded.

MIND – obsession, story- telling, repetitive thoughts, fantasy stories, running scenario's over and over, FOG, disorganized thought.

SPIRIT- depression, fear, anxiety, disconnection, disassociation, self- abandonment, self-betrayal.

In Step One – We focus on ourselves and work on staying in the present. We begin to recognize a Higher Power. As we let go, we begin to release the responsibility for others.

Our lives are different and rewarding when we are willing to work this step. (CoDA workbook page 9)

FIRST STEP Questions to work with today.

Who, what or what situation am I powerless over?

How is this effecting my peace of mind? (obsessing)

How does this effect my true self and authenticity when interacting with others?

What is the unmanageability?


CODA First Step Prayer

In this moment, I do NOT have to control anyone, including me. If I feel uncomfortable with what another person is doing or not doing, I can remind myself that I am powerless over this person and I am powerless over my compulsion to act in inappropriate ways.

Step Two

Came to believe that a power greater than ourselves could restore us to sanity.

Am I alone? It's a WE program!

- CoDA Meetings
- A Sponsor
- Other CoDA members
- Safe Friends
- Professionals/Therapists
-  Empowered Loving Self Parent
- Inner Child
- Inner Teenager
- A LOVING Higher Power....

A note on Inner child work- Inner child work can trigger deep suppressed emotional wounds, and our history. *It's best to not go in to that neighborhood without a guide, trusted experienced sponsor or CoDA friend.*

A trusted experienced sponsor or CoDA recovery friend that has a strong relationship and understanding of their own inner child and how to deal with crisis can be of assistance.

Working with a therapist (even for a short time) to develop awareness of and tools to interact with the inner child and inner teenager, is STRONGLY suggested.

Developing an Empowered Loving Self Parent is important, powerful and Life changing.

This is what allows me to stay in the present moment as a grown adult person.

Identifying when my inner child or inner teenager are present and attempting to be in control of my day to day life, that Self-awareness allows me the dignity to make decisions and choices based on Current Time not my painful life history.

Are My inner children pretending to be a grown up me?

Why is a Loving Higher Power important?

In the First Step we discovered our powerlessness and our unmanageability.

In the Second step we are asked to TRUST. Trust in a power greater than ourselves. BELIEF in a LOVING Higher power, that I can turn my will and my life over to. Knowing that my Higher Power has my best interest in mind and focuses on what is right for me.

It is important to trust that this power cares for us, has our best interests at heart, and can offer us the guidance we seek. (CoDA Workbook page 21)

SECOND STEP Questions to work with today.

What do you believe in? (religious or spiritual beliefs, “codes” of ethics-society/military, Love, peace, etch)

What is something greater/more powerful than me?

Do you have a higher power already? If not, are you open to having a higher power?

Can I trust a (my) higher power?

What does a loving higher power look or feel like?
Forgiving? Loving? Gentle? Supportive? Compassionate?

What does sanity look like? When we are insane we can't always imagine/identify what sanity looks like, try-how would it FEEL?

CODA Second Step Prayer

In this moment, I can believe that I am never alone; I can experience the sense of freedom that having a Higher Power offers me. I can remind myself that believing is also an action, and if I am willing to practice it, one moment at a time, I will develop faith.

Step Three

Made a decision to turn our will and our lives
over to the care of God as we understood God

As codependents our gods have often been other powerful forces. We have the opportunity to make a DECISION and to have the faith in a power greater than ourselves. Many of us begin working this Step with small things, such as making a decision to not fix someone, letting our feelings just be there, or not trying to control. (CoDA workbook pg. 33)

When we Codependently avoid others, as well as adapt or change our behavior for others, we give THEM, instead of our Higher Power, this control and strength. However, avoidance can only be temporary because it is often a Deeply rooted behavior from our dysfunctional history and is easily slipped into.

THIRD STEP Questions to work with today

What is MY WILL in this situation?

Am I willing to ask my Higher Power for assistance?

What are my needs in this situation?

Am I willing to give this situation/person/event/experience to the care of my Loving Higher Power?

Am I willing to MAKE a DECISION?

Am I willing to Let Go?

Step Three Prayer

In this moment, I can choose my own Higher Power. I can set aside all the old beliefs about who I am not and who I am – a child of God. I can remind myself that a faith in a Higher Power becomes a faith in me, and that my recovery lies in being true to myself and to my Higher Power.



1. CONNECTION TO WE – We are not alone

- Call your CODA sponsor
- Make calls to other CODA members or safe non-CODA friends
- Go to a CoDA meeting
- Daily reading book – positive focused
- Attend group events

2. CONNECTION to ME/the SELF

Ask yourself, Who needs support?

Connect to the inner child, teenager, loving self-parent

What am I feeling?

What do I need right now?

-Self-Care; down time, social time, intimate time, pampering, nurturing food.

3. IDENTIFYING UNMANAGABILITY

Identify by using the CoDA Patterns and Characteristics

How does it feel in my body, mind and spirit?

- Body; physically tired, numbing out (food, tv, work, sleep, distractions)
- Mind; obsession, storytelling, scaring myself, fantasy stories
- Spirit; lonely, alone, disconnected, disassociated, autopilot

4. EXPRESSION – self expression

-Processing emotions with a safe person

-Journaling or writing to assist with processing the situation

-Coloring see what comes up/out

5. PRAYER – the action of prayer takes us out of our self-will and brings us in the moment

Serenity Prayer -God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.

CoDA Step Prayers

Create Your Own Prayer - Make your own prayer asking for assistance and requesting freedom from codependency.

6. CODA Literature -Any number of the many CODA booklets, pamphlets and books – to name a few

-Patterns and Characteristics

-Pocket size booklet of positive affirmations

- Pamphlet Making changes
- Pamphlet Peeling the Onion
- Setting Boundaries in Recovery

7. POSITIVE AFFIRMATIONS to replace the obsessive thoughts and negative messages

Some examples are:

- I am lovable, Loving and Loved by my higher power.
- My Higher power is with me.
- I did not cause it, I cannot control it and I cannot change it.
- I am Precious and Free
- I am lovable and I deserve Love
- I value myself and I know what I need

8. CREATIVE EXPRESSION/self-expression- Positive actions- Connecting inward to inner child

- Art work- drawing, painting, coloring
- Crafting- refurbishing, recycling, remaking
- Making 3x5 positive affirmation
- Creating – gardening, wood working, crocheting, knitting, cooking, building
- Play music- your favorite music, uplifting positive music, high energy music, meditative music
- Make music – drumming, guitar, flute, sing
- PLAY – play a sport, play a silly game, play with a ball, play with a toy

9. BEING RESTORED TO SANITY

- When our thoughts are clear, we are connected to a Higher Power
- When we are no longer driven by our disease; manipulate, fight for control, power, shame or blame others.
- When we have the thought of an old trigger, but it no longer sends us into a shame spiral, pain, loss, or feeling unloved, unwanted-no reaction.
- When I Live in My Loving Self Parent.
- When I attract Healthy, Loving, Equal relationships into my Life.
- When I know I am worthy of love, I am Loving, Lovable and Loved.
- When I Know my worth and can speak up for myself and let go of the outcome.
- I am Precious and Free to be ME!

10. Moving forward in the steps with the foundation of 1,2,3

- Get powerless over the challenges of the other steps
- Come to trust and believe in your Loving Higher Power will care for you
- We are never given more than we can handle
- Feel the feelings
- Connect to a Loving Power greater than you
- Make a decision to turn your will and your life over to the care of a Loving Higher Power who only wants the highest good for you.
- LET IT GO.... AS MANY TIMES AND AS OFTEN AS YOU NEED TO.