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("the CoDA blue book"), The Twelve Steps & Twelve Traditions Workbook, and other CoDA conference endorsed literature. • Demonstrates using healthy

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interaction with others and continuous commitment to the process. • Starts newcomers listening and testing their understanding with such statements as: "This is what I thought I heard you say.

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STEPS 1, 2, & 3 USING ... - CoDA.org  
We are using the book 'Codependents Guide to the Twelve Steps' by Melody Beattie. Click here to open ONE file that contains ALL exercises for ALL steps, or click a specific step below.

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reference. This is a work in progress and may be revised from time to time. (Last Revision: January 22, 2011)

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the strength to be that which God intended, Precious & Free, with healthy, loving relationships. We find the Promises coming true, one day at a time.

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## CoDA Meeting Handbook

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If you're questioning whether CoDA is right for you and can't drop in to a meeting, this book is a great litmus test of what you could get out of the program. The more discomfort one feels with the questions, the more likely it is that the work would probably be incredibly helpful. It's good medicine, difficult as it may be to swallow.

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