

## Meeting Readings:

These readings are provided for guidance. Select from them as the meeting decides, using as many or few as is guided by the group conscience and higher power.

### Session 1 :

Room 1 : Step 1 Admitting powerlessness & accepting unmanageability.

- Workbook Step 1.
  - CoDA blue book Step 1.
  - 12 Steps handbook Step 1.
  - In This Moment Meditation Book
- Pages: 10, 65, 269, 286, 322 & 341.

Room 2 : Expectations, compassion & healing the child within.

- In This Moment pages: 149, 271, 314.
- In This Moment pages: 27, 111, 352.
- In This Moment pages: 26, 99, 173.

Room 3 : Concept of a loving higher power & CoDA recovery patterns.

- CoDA patterns of recovery (download).
- CoDA blue book step 2.
- In This Moment pages: 13, 51, 74, 279.

### Session 2 :

Room 1 : Step 2 higher power sanity & finding spirituality.

- Workbook Step 2.
  - CoDA blue book Step 2.
  - 12 Steps handbook Step 2.
  - In This Moment Meditation Book
- Pages: 10, 54, 220, 226 & 318.

Room 2 : Boundaries & sponsorship – as easy as 1, 2, 3 – beginning the journey.

- Establishing boundaries leaflet (download).
  - easy as 1-2-3 30 Questions (download).
  - Workbook Pages 175 – 183.
  - In This Moment Pages 87, 197, 334
- (boundaries) & 115, 201, 349 (sponsorship).

Room 3 : Making choices – making changes – C.O.P.E. (Cut Out Pleasing Everyone).

- Making choices booklet.
  - In This Moment Pages: 157, 64, 213, 293
- (choices), 122, 56, 163, 336 (changes), & 30, 20, 217, 271, 311 (cut out pleasing everyone).

### Session 3 :

Room 1 : Step 3 Decision to let go & let God.

- Workbook Step 3.
- CoDA blue book Step 3.
- 12 Steps handbook Step 3.
- In This Moment pages: 22, 165, 249.

Room 2 : From anger & resentment to clarity & self-care.

- CoDA Blue Book Read Pages 104 - 106 -  
“What does childhood have to do with our lives today?” then read:
- In This Moment Pages: 267, 323, 348 (anger), 213, 243, 263 (resentment), 79, 112, 168 (clarity), & 31, 132, 150, 176 (self-care).

Room 3 : Discovering our authentic selves & letting go of shame.

- Common threads of codependency booklet pages 22-25.
- CoDA blue book pages 118 – 119 (what is a shame spiral, what is fear of shame)
- In This Moment pages: 12, 14, 15 (authenticity), & 73, 211, 256, 288 (shame).

### Session 4 :

Room 1 : Steps 4 & 5 Searching self-reflection & being human.

- Workbook Steps 4 & 5.
- CoDA blue book Steps 4 & 5.
- 12 Steps handbook Steps 4 & 5.
- In This Moment pages: 66, 126, 209 (Step 4). & 118, 175, 214 (Step 5).

Room 2 : Toolkit for healthy relationships & learning to live in the now.

- 12-piece relationship toolkit booklet (select readings within the meeting).
- In This Moment pages: 27, 140, 187, 310 (relationships), 73, 175, 274, 275 (traditions), & 265 (living in the now).

Room 3 : Abandonment, bullying, abuse & standing in our own truth.

- CoDA blue book pages 19 (experiencing fear & shame as children) & 120-122 (what are physical & aggressive forms of abuse & control, what are non-physical & passive forms of abuse & control).
- In This Moment pages: 104, 132, 225 (abandonment), 169, 328, 360 (truth), 211 (shame).

Session 5 :

Room 1 : Steps 6 & 7 Letting go trusting higher power & welcoming change.

- Workbook Steps 6 & 7.
- CoDA blue book Steps 6 & 7.
- 12 Steps handbook Steps 6 & 7.
- In This Moment pages: 95, 248, 357 (step 6), & 283, 309, 354, 357 (step 7).

Room 2 : Reparenting ourselves & quietening the critic within.

- CoDA blue book pages: 108 – 110 (what is meant by parenting ourselves until “.. a loving higher power is our greatest teacher”), & 104- 106 (what does childhood have to do with our lives today).
- In This Moment pages: 35, 68, 182 (reparenting), & 69, 108, 139 (inner critic)

Room 3 : Tools for healthy communication & restoring our self-worth.

- Communication and recovery leaflet (download).
- Tools for recovery booklet.
- In This Moment pages: 40, 300, 383 (communication), & 25, 113, 257 (self-worth).

Session 6 :

Room 1 : Risking intimacy & facing our inner dragons.

- CoDA blue book pages: 124 - 125.
- Peeling the onion booklet.
- In This Moment pages: 188, 351, 356, 364.

Room 2 : Enmeshment & projection.

- CoDA blue book pages: 114 – 115 (enmeshment), & 119 – 120 (projection).
- In This Moment pages: 152, 243 (enmeshment), 228, 229 (projection), 242 (surrender). & 136, 298 (controlling).

Room 3 : Blue book at bedtime story.

- CoDA blue book – select a personal story from the back half of the book.

Session 7 :

Room 1 : Steps 8 & 9 Resentment forgiveness & willingness to make amends.

- Workbook Steps 8 & 8.
- CoDA blue book Steps 8 & 9.
- 12 Steps handbook Steps 8 & 9.
- In This Moment pages: 55, 163, 213, 243, 263 (resentment), 26, 154, 189 (forgiveness), 80, 118, 212, 285, 187, 309 (willingness to make amends).

Room 2 : Applying the CoDA principles in everyday life – at work & at play.

- Traditionally speaking booklet (read parts selected in the meeting)
- In This Moment pages: 72, 107, 172, 222, 336.

Room 3 : Grief, gratitude, fear of change & facing the future.

- In This Moment pages: 151, 185, 297 (grief), 74, 157, 179, 337 (gratitude), 113, 184, 216, 331 (fear of change), & 59, 179, 271 (facing the future).

Session 8 :

Room 1 : Steps 10, 11 & 12 Keeping a journal, daily reflection, prayer, meditation & carrying the message.

- Workbook Steps 10, 11 & 12.
- CoDA Blue Book Steps 10, 11 & 12.
- 12 Step Handbook Steps 10, 11 & 12.
- In This Moment Meditation Book

Pages: 284 (Step 10), 306 (Step 11) & 342 (Step 12).

Room 2 : Learning to love the child within & daring to shine.

- CoDA Blue Book Pages: 107 - 108 (What is the Child Within?).
- In This Moment: Pages: 314, 333, 335, (Child Within) & 114, 149, 164 & 281 (Daring To Shine).

Room 3 : The CoDA Promises in Action – living with renewed Hope, Joy, Love & Laughter.

- In This Moment pages: 42, 67 (Hope), 43, 230 (Joy), 233 (Love) & 278 & 461 (Laughter).