



virtual spiritual retreat
october 24-25, 2020

WELCOME NEWCOMERS!

presented by
Lynda, Rhonda, & Alex
of the Events Committee



How CoDA Was Founded in 1986

With Co-Founder Mary R.



How We Got Here

Lynda

Alex

Rhona



WHAT IS CODEPENDENCY?

Co-dependency is an emotional and behavioral condition that affects an individual's ability to have healthy, mutually satisfying relationships. It is also known as "relationship addiction" because people with codependency often form or maintain relationships that are one-sided, emotionally destructive and/or abusive.

Co-dependency often affects a spouse, a parent, sibling, friend, or co-worker of a person afflicted with alcohol or drug dependence. Similar patterns have been seen in people in relationships with chronically or mentally ill individuals. Today, however, the term has broadened to describe any co-dependent person from any dysfunctional family.



Somewhere along this road we learn about codependence. We hear about it from a friend or a therapist. We see it mentioned in the news. Many of us wonder if codependence describes who we are.

Codependence is a disease that deteriorates our souls. It affects our personal lives, our families, children, friends, relatives, our businesses and careers, our health, and our spiritual growth. It is debilitating, and, if left untreated, causes us to become more destructive to ourselves and others. Many of us come to a point when we must look beyond ourselves for help.

It all begins with an honest look at ourselves....



Many arrive at Co-Dependents Anonymous, CoDA, unsure if we belong. Recovery begins with an honest self-assessment.

For self evaluation, we offer a list of common attitudes and behavior patterns that CoDA members have observed in our own lives.

Denial Patterns

Codependents often...

1. have difficulty identifying what they are feeling.
2. minimize, alter, or deny how they truly feel.
3. perceive themselves as completely unselfish and dedicated to the well-being of others.

Low Self-esteem Patterns

Codependents often....

1. have difficulty making decisions.
2. judge what they think, say, or do harshly, as never good enough.
3. are embarrassed to receive recognition, praise, or gifts.
4. are unable to identify or ask for what they need and want.
5. value others' approval of their thinking, feelings, and behavior over their own.
6. do not perceive themselves as lovable or worthwhile persons.

Compliance Patterns

Codependents often....

1. compromise their values and integrity to avoid rejection and other people's anger.
2. are very sensitive to other's feelings and assume the same feelings.
3. are extremely loyal, remaining in harmful situations too long.
4. place a higher value on other's opinions and feelings and are afraid to express differing viewpoints or feelings.
5. put aside their own interests in order to do what others want.
6. accept sex as a substitute for love.

Control Patterns

Codependents often...

1. believe people are incapable of taking care of themselves.
2. attempt to convince others what to think, do, or feel.
3. become resentful when others decline their help or reject their advice.
4. freely offer advice and direction without being asked.
5. lavish gifts and favors on those they want to influence.
6. use sex to gain approval and acceptance.
7. have to feel needed in order to have a relationship with others.

Avoidance Patterns

Codependents often...

1. act in ways that invite others to reject, shame, or express anger toward them.
2. judge harshly what others think, say, or do.
3. avoid emotional, physical, or sexual intimacy to avoid feeling vulnerable.
4. allow addictions to people, places, and things to distract them from achieving intimacy in relationships.
5. use indirect or evasive communication to avoid conflict or confrontation.
6. believe displays of emotion are a sign of weakness.

Note: a longer list of patterns and characteristics is available in other pieces of CoDA literature and online at coda.org

Am I Codependent?

Personal crises or unbearable, chronic, emotional pain brought many of us to CoDA. We came to our first meeting feeling hopeless and helpless. We wondered *why* our efforts to fix ourselves and others were not working, no matter how hard we tried. We had come to a crossroad: continue our old ways of coping or look for a new way out of our pain.



Resources of Co-Dependents Anonymous

- Meetings (live and Zoom)
- Workshops
- Working the 12 Steps
- Working the 12 Traditions
- Sponsorship
- Fellowship
- Outreach



Tour of CoDA Websites and Social Media

www.coda.org

www.azcoda.org

www.facebook.com/codaarizona

Search CoDA Arizona on YouTube





CoDA.org
Co-Dependents Anonymous
WORLD

+1.888.444.2359 Español

What are you looking for?

- Newcomers** | Meetings | Co-NNections | Member Resources | Outreach | Calendar | Store | Contact

Home | **New to CoDA?**

Welcome to Co-Dependents Anonymous

We welcome you to Co-Dependents Anonymous, a program of recovery from codependence, where each of us may share our experience, strength, and hope in our efforts to find freedom where there has been bondage and peace where there has been turmoil in our relationships with others and ourselves.

Most of us have been searching for ways to overcome the dilemmas of the conflicts in our relationships and our childhoods. Many of us were raised in families where addictions existed – some of us were not. In either case, we have found in each of our lives that codependence is a most deeply rooted compulsive behavior and that it is born out of our sometimes moderately, sometimes extremely dysfunctional families and other systems. We have each experienced in our own ways the painful trauma of the emptiness of our childhood and relationships throughout our lives.

We attempted to use others – our mates, friends, and even our children, as our sole source of identity, value and well being, and as a way of trying to restore within us the emotional losses from our childhoods. Our histories may include other powerful addictions which at times we have used to cope with our codependence.



CoDA.org
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Home | Your First Meeting

Your First Meeting

After finding a meeting from the [CoDA Meeting Locator](#), it is suggested you call the contact person to confirm the meeting date, time, and location. You may have noticed this person is identified by first name, and last initial. This follows the CoDA tradition of anonymity, which says that members are not identified to the world-at-large. They remain anonymous during meetings also, using only first names. Information shared at meetings is not discussed outside the meeting. These safeguards insure that all things shared are held in strict confidence and trust.

Most meetings have between five and twenty-five people, and last one hour or one-and-a-half hours. Someone may welcome you to the group. Most meetings follow a format; the leader will read from it and ask volunteers to read different items. If you would like to see what [Basic Meeting Format](#) looks like, please see the [Meeting Handbook](#).

Find a meeting using the
CODA MEETING
LOCATOR



DENIAL PATTERNS

CODEPENDENTS OFTEN...

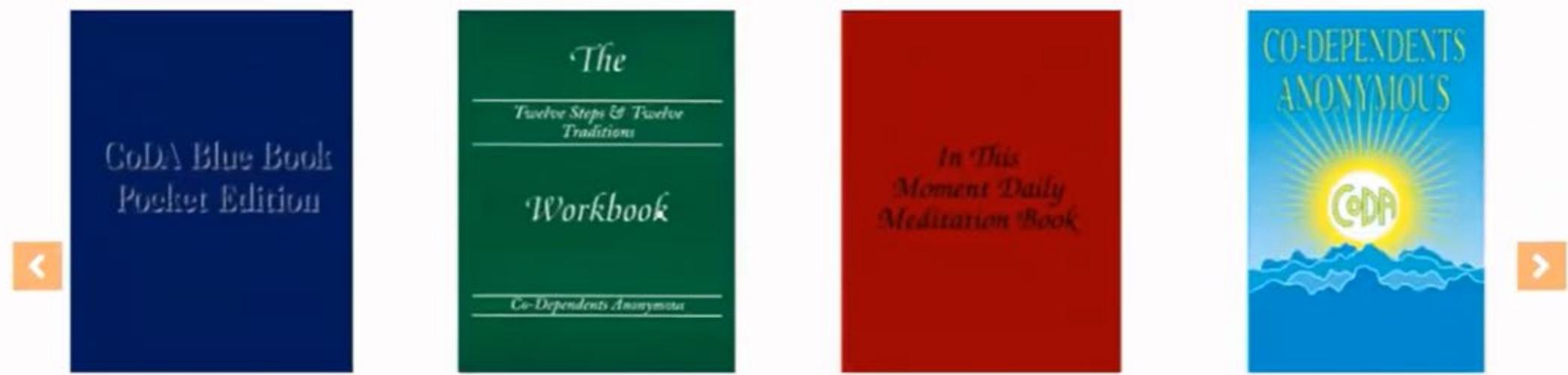
- Have difficulty identifying what they are feeling
- Minimize, alter, or deny how they truly feel.
- Perceive themselves as completely unselfish and dedicated to the well-being of others
- Lack empathy for the feelings and needs of others.
- Label others with their negative traits.
- Think they can take care of themselves without any help from others.
- Mask pain in various ways such as anger, humor, or isolation.
- Express negativity or aggression in indirect and passive ways.
- Do not recognize the unavailability of those people to whom they are attracted.

IN RECOVERY...

- I am aware of my feelings and identify them, often in the moment. I know the difference between my thoughts and feelings.
- I embrace my feelings; they are valid and important.
- I know the difference between caring and care taking. I recognize that care taking others is often motivated by a need to benefit myself.
- I am able to feel compassion for another's feelings and needs.
- I acknowledge that I may own the negative traits I often perceive in others.
- I acknowledge that I sometimes need the help of others.
- I am aware of my painful feelings and express them appropriately.
- I am able to express my feelings openly, directly, and calmly.
- I pursue intimate relationships only with others who want, and are able to engage in, healthy and loving relationships.

Featured Products

(not all items are available in Spanish)



CODA BOOK (POCKET EDITION)

\$10.50

ADD TO CART

TWELVE STEPS & TWELVE TRADITIONS WORKBOOK

\$15.00

ADD TO CART

IN THIS MOMENT DAILY MEDITATION BOOK

\$12.50

ADD TO CART

CODA BOOK

\$14.00

ADD TO CART





Materials for recovery from codependence created by members of Co-Dependents Anonymous (CoDA)

Search products... Search

Pamphlets

HOME / ENGLISH MATERIALS / PAMPHLETS

- Product Categories*
- English Materials
 - Books, Workbooks
 - Booklet, Handbook
 - Pamphlets
 - Service Items
 - Special Items
 - Spanish Materials

Default sorting

Showing all 12 results



Welcome to Arizona's Northern & Central Region CoDA Website



New to CoDA?

QUICK LINKS

- [Arizona CoDA Meetings](#)
- [Upcoming Arizona Events](#)
- [ANCoR Intergroup](#)
- [ANCoR CoDA Events Committee](#)
- [CoDA-Endorsed Literature](#)
- [Go to CoDA International Website](#)
- [AZCoDA Home Page](#)





Virtual Spiritual retreat

October 24-25, 2020

SATURDAY, OCTOBER 24, 2020

- 9:00 - 10:00 AM Welcome to CoDA for Newcomers
- 10:00 - 10:30 AM Welcome & Opening Readings
- 10:30 AM - 12:00 PM The Movie in My Head: Perceptions, Thoughts, and Feelings — *Mary R.*
- 12:00 - 12:30 PM Break, Dance Party, & Virtual Birthday Cake
- 12:30 - 1:55 PM The Inner Critic — *Scott & Judy*
- 1:55 - 2:15 PM Scavenger Hunt
- 2:15 - 3:45 PM Breaking the "Don't Trust" Rule — *Jim*
- 3:45 - 4:00 PM Closing

SUNDAY, OCTOBER 25, 2020

- 9:00 - 10:00 AM Welcome to CoDA for Newcomers



Co-Dependents Anonymous - Arizona Events
@codaarizona

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Posts

Co-Dependents Anonymous - Arizona Events
 October 22 at 11:40 AM · 🌐

We hope you can join us for a fun and fantastic weekend of recovery!
 😊. Zoom info: <https://us02web.zoom.us/j/85067247533>
 Password: 010247
 Audio by Phone: [\(669\) 900-9128](tel:(669)900-9128)



Community See All

898 people like this
1,038 people follow this

About See All

Contact Co-Dependents Anonymous - Arizona Events on Messenger

www.AZcoda.org

Community

Page Transparency See More

Facebook is showing information to help you better understand the purpose of a Page. See actions taken by the people who manage and post content.

Page created - September 1, 2017

People >

See more of Co-Dependents Anonymous - Arizona Events on Facebook

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