

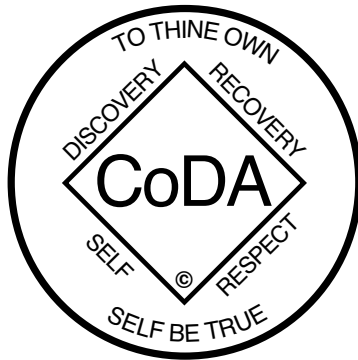
Common Threads of Codependency

Co-Dependents Anonymous

CO-DEPENDENTS ANONYMOUS

Common Threads of Codependency:

Codependents Talk about Codependency,
Recovery, Relapse, and Authenticity



This is CoDA Conference endorsed literature
Copyright © 2004 Revised 2013
All rights reserved.

This publication may not be reproduced
or photocopied without written permission
of Co-Dependents Anonymous, Inc.

For more information about CoDA:

www.coda.org

info@coda.org

Phone: +1-602-277-7991

Toll Free: 888-444-2359

Spanish Toll Free: 888-444-2379

For additional copies of this booklet

and other CoDA literature:

www.corepublications.org

info@corepublications.org

Table of Contents

I.	THE CODEPENDENCY DILEMMA	5
	Where did it come from?	6
	“How do I describe codependency?”	7
II.	RECOVERY	9
	That First CoDA Meeting	9
	“Why did I start going to CoDA meetings?”	10
	We discover we are not alone	11
	“What do I recognize in other codependents that we have in common?”	11
	The alternative to recovery	13
	“Without recovery, where would I be today?”	14
	Meetings	15
	“Why do I continue to go to CoDA meetings?”	16
III.	RELAPSE	19
	Recognizing a slip or relapse	19
	Combating relapse	19
	“How do I know I’m in relapse?”	20
IV.	AUTHENTICITY	22
	How do we become our authentic selves?	22
	“What does being authentic mean to me?”	23
V.	CONCLUSION	25
	PATTERNS AND CHARACTERISTICS OF CODEPENDENCE	26
	Denial Patterns	26
	Low Self-esteem Patterns	26
	Compliance Patterns	27
	Control Patterns	27
	Avoidance Patterns	28

THE CODEPENDENCY DILEMMA

As codependents we come in different flavors, from martyr to victim, from rebel to doormat. We may have different backgrounds and different issues, but we come to recognize certain traits in ourselves and in each other. Our purpose in this piece of literature is to examine these traits, these common threads of thought and behavior that are interwoven into this complex tapestry we call codependency.

We choose not to define codependency for two reasons. It is not our intent to decide whether or not anyone else is codependent. Our Third Tradition reminds us that the only requirement for membership in CoDA is a desire for healthy and loving relationships. We don't even have to decide that we are codependent before joining Co-Dependents Anonymous. We do not presume to hold the ultimate answer to the codependency question. We simply share our own experience, strength, and hope. Each reader is free to choose what sounds relevant and to discard what does not.

Also, we find that precisely defining codependency is not as useful to us as simply accepting the reality of it. The cause of our codependency is not as important as the fact that it exists. All we need is honesty, an open mind, and willingness to work the program. In this piece, we share some of the common features of our experience as we seek to understand the nature of our own codependency and recovery.