



EACH MONTH THE CODA NEWSLETTER WILL FOCUS ON DIFFERENT ASPECTS OF THE STEPS AND TRADITIONS WORKBOOK.



## Steps and Traditions

### STEP FOUR:

*Made a searching and fearless moral inventory of ourselves.*

The first three Steps provide the foundation for our Fourth Step work. ...With this spiritual foundation, we will now focus on Step Four.

The inventory process is one of the most loving things we can do for ourselves. Step Four is not an invitation to be overly critical or to hurt ourselves. This is the Step where we begin to see our part in our own lives. An inventory is about truth, including our positive attitudes as well as our self-defeating behaviors. We look at our history and at the actions, desires, motives and compulsive behaviors that have trapped us in our codependency. We also look at our positive qualities: our values, assets and talents. As codependents, not perceiving the good in ourselves and in our lives is at the core of our disease. ...

Those of us who have worked this Step know that taking an inventory is less painful than not taking one. Feeling overwhelmed by our past has kept some of us from writing an inventory. Not looking at ourselves, or staying busy, had often been a way to avoid dealing with our painful feelings.

Judging or criticizing others is another common behavior we used in the past to protect ourselves. Another common form of the same behavior is incessantly judging ourselves as less than others. These old behaviors kept people at arms length, so we avoid feeling vulnerable.

A FEW QUESTIONS TO HELP YOU WORK STEP FOUR:

1. What role will my Higher Power have in working my Fourth Step?
2. What does a "moral inventory" mean to me?
3. How can I use the Fourth Step to find out who I am and to discover my wants and needs?

### TRADITION FOUR:

*Each group is autonomous, except in matters affecting other groups or CoDA as a whole.*

As much as we value autonomy, we value unity more. In this Tradition, we acknowledge we are part of a greater whole – the Fellowship of Co-Dependents Anonymous. Any decision we make should be centered in our common welfare. Because the Steps, Traditions, Preamble and Welcome define the CoDA program and our message of recovery,

they are read at every meeting as is. The structure and consistency of our Fellowship's message needs to be something on which we can depend. ...

When reflecting on the Fourth Tradition and the autonomy of our groups, it is also important to ask ourselves whether our meetings are accessible to the newcomer. Structuring our meetings in ways that maximize the ability of the newcomers to grasp the basic tools of recovery, as well as providing a welcoming atmosphere, support the continued strength of our Fellowship. ...

A FEW QUESTIONS TO HELP YOU WORK TRADITION THREE:

1. What does group autonomy mean?
2. How can I respect the autonomy of a CoDA group, even if it isn't what I like or want?
3. How do Step Four and Tradition Four relate to one another?

*The Twelve Steps & Traditions Workbooks are available at your local group meeting place.*

### *Promise Four*

I release myself from worry, guilt and regret about my past and present. I am aware enough not to repeat it.



# Denial

Denial of ourselves – our past and present – is often a great stumbling block to our early recovery. It's a term often used when we don't accept our codependent behaviors as we learn about their patterns and character-

istics or as we hear them described in another person's story. Often in our frustration, we clearly see what everyone else is doing wrong, but we can't recognize our own wrongdoing. Some of us come to a place of despair and think of nothing else but giving up. We isolate from our friends and families, many times rejecting their love. Some of us go to elaborate degrees to create the "all together" act in our homes, marriages, families, jobs, friendships and social lives. Try as we might to do otherwise, we often experience devastating marriages, parenting and family relationships, friendships and careers. Sometimes even then, our denial continues.

We may become so entangled in denial and control that we're forced to accept the hand of recovery through formal intervention and treatment. ...We walk an extremely lonely path in denial, whether we suffer severe devastation or try to appear "all together."

We usually reach a point where denial no longer works. We finally determine "enough is enough." We seek the hand of others in CoDA, and if necessary, professional help.

Page 9, *Codependents Anonymous*

## What is Codependence?

*Many of us struggle with the questions: What is codependence? Am I codependent? We want precise definitions and diagnostic criteria before we decide. Codependents Anonymous, as stated in the Eighth Tradition, is a non-professional Fellowship. We offer no definitions or diagnostic criteria for codependence. What we do offer from our experience are characteristic attitudes and behaviors that describe what our codependent histories have been like. We believe that recovery begins with an honest self-diagnosis. We come to believe that recovery begins with an honest self-diagnosis. We come to accept our inability to maintain healthy and nurturing relationships with ourselves and others. We begin to recognize that the cause lies in long-standing destructive patterns of living.*

**These patterns and characteristics are offered as a tool to aid in self-evaluation. They may be particularly helpful to newcomers.**

### Denial Patterns

Codependents:

- have difficulty identifying feelings,
- minimize, alter or deny their feelings,
- perceive themselves as being completely unselfish, dedicated to the well-being of others.

### Low Self-Esteem Patterns

Codependents:

- have difficulty making decisions,
- judge their thoughts, words and actions harshly, as never being good enough,
- are embarrassed to receive recognition, praise or gifts,
- are unable to ask others to meet their needs or wants,
- value other people's approval of their thoughts, feelings and behaviors over Self- approval.

### Compliance Patterns

Codependents:

- compromise their values and integrity to avoid rejection and other people's Anger,
- are very sensitive to others' feelings and assume the same feelings,
- are extremely loyal, remaining in harmful situations too long,
- place a higher value on others' opinions and feelings, and are too afraid to express differing viewpoints or feelings,
- accept sex as a substitute for love

### Control Patterns

Codependents:

- believe most others are incapable of taking care of themselves
- attempt to convince others what they should think and feel,
- become resentful when others refuse their offers of help
- freely offer advice and guidance without being asked
- lavish gifts and favors on those they care about,
- use sex to gain approval and acceptance,
- have to be needed in order to have a relationship with others

## CoDA RESOURCES:

Desert CoDA Info Line – 760.779.8878  
[www.desertcoda.org](http://www.desertcoda.org)

CoDA National Office – 602.277.7991  
[www.codependents.org](http://www.codependents.org)

So-Cal Regional Office – 323.340.3762

The Valleys Community – 818.379.3300  
[www.coda-tvcc.org](http://www.coda-tvcc.org)

Orange County CoDA – 714.573.0174  
[www.occoda.org](http://www.occoda.org)

San Diego County CoDA – 619.222.1244  
[www.sdcoda.org](http://www.sdcoda.org)



# Desert CoDA Community Group Business Meeting



**Day:** 3<sup>rd</sup> Saturday of the Month (**Next DCCG meeting: April 15, 2008**)  
**Time:** 11:30am – 1:00pm  
**Place:** Eisenhower Medical Ctr., 3rd Floor Conference Room  
 39000 Bob Hope Dr. Rancho Mirage, CA 92270

## DCCG Board Officers:

- Chairman: Steve S.
- Vice Chairman: *Vacant*
- Treasurer: Steve C.
- Secretary: David M.
- Regional Group Rep. (RGR): Katie

**Purpose:** For DCCG Officers, Committee Heads, and CoDA Meeting Group Service Representatives to meet, exchange insights from their meetings, make contacts for Regional and CoDA Inc. and to make available information regarding CoDA. Everyone is welcome but **only DCCG Members have voting rights.**

**Announcement:** All DCCG positions are to be rotated this month. The group will be electing a Chair, Vice-Chair, Treasurer, Secretary and Regional Group Rep. The qualifications for board member position (by-laws, Page 2, Article 5, Section 3) are: **A.** Working the Twelve Steps of the CoDA program with a sponsor for at least 6 months. **B.** Familiarity with the Twelve Traditions. **C.** Regular attendee of an active group for a period of 6 months. All members of CoDA with the required qualifications are encouraged to participate in their own recovery and be of service.

## February 19, 2008 DCCG Business Meeting Minutes:

OPENING: Meeting opened at 5:35P.M. at the Portola Community Center.

1. INTRODUCTION: Attendees were:
  - Katie: RGR, Bylaws & Literature Chair, Info Line
  - Eva: Monday Night Rep.
  - David M. : Secretary
  - Janis: Thursday Rep.
2. MINUTES: there were no minutes to report for the previous month of January due to lack of attendance.
3. TREASURER'S REPORT: Steve C- N/A
4. TREASURER'S REPORT: Steve C- N/A
5. VICE CHAIR REPORT: N/A
6. RGR REPORT: Katie – The next Regional meeting will be held in Fullerton on March 1<sup>st</sup> and the discussions will center on the upcoming So. Cal. Regional Conference in San Diego this April. There will be a call for workshop chairpersons for the many scheduled slots during the three day event and that Elections would take place at the conference. Katie also reported the discussion was ongoing regarding the proposed new suggested patterns "Exaggerated Sense of Self-Worth" that have been relayed to our Southern California Regional CoDA Groups over the last few months.
7. COMMITTEE REPORTS:
 

a. <u>Budget</u> : Steve C. – N/A	e. <u>Newsletter</u> : Jay:-
b. <u>Bylaws</u> : Steve C. - No report	f. <u>Outreach/Public Info</u> :
c. <u>Functions</u> : Linda – N/A	g. <u>Website</u> :
d. <u>Literature</u> : /A	
8. GROUP REPORTS: Eva reported the upcoming Camp Recovery was to be held April 25-27 in Camp de Benville Pines in the San Bernardino mountains benefiting many in Recovery, and that her experience last year was quite fruitful and that all interested could see the flyer at their website at [www.camprecovery.org](http://www.camprecovery.org). She also had a report that the proposed new patterns were rejected 5 to 1 in her group as the consensus was that there were repetitions in the Exaggerated Patterns that occurred already in the existing ones we endorse. Janis reported that the Thursday meeting had been discussing Boundaries lately
9. OLD BUSINESS: due to lack of attendance, the delayed nominations for this year's elected Officers for the Board was tabled until the meeting in March
10. NEW BUSINESS: It was proposed that a consensus be requested by the current Board members to consider a new monthly meeting schedule for the month of March, as lack of attendees had become a problem and the time and day of the week may be a factor. David agreed to email current Board members to consider the third Saturday of the month @ 11:30 as a new scheduled time to meet.
11. CLOSING: Meeting ended at 6:25 P.M.  
 Next proposed Meeting March 15<sup>th</sup> 2008 in the 3<sup>rd</sup> Floor Conference Room at Eisenhower Hospital

**2008 Southern California Regional Co-Dependents Anonymous Conference: "Transformations Through Recovery" Friday, May 30th — Sunday, June 1st, 2008. Location:** Town and Country Resort & Convention Center 500 Hotel Circle North San Diego, California, 92108, Tel: 800-772-8527 / **Web:** [www.towncountry.com](http://www.towncountry.com) Hotel Rates: Single (\$109); Double (\$109); Triple (\$139); Quad (\$159) **EARLY RESERVATIONS:** *Be sure to mention your CODA Conference participation for discounted group rate. More Registration Details to Follow. For periodic updates, schedules and registration information, visit: [www.socalcoda.org](http://www.socalcoda.org)*



# Where can I find a meeting . . . . ?

MEETING INFORMATION UPDATED APRIL 2008

## MONDAY

**Palm Desert, CA**  
6:00am – 7:00am  
• Women’s Meeting •  
Open/Step Study  
Hope Lutheran Church  
Main Office Building  
*Look for a meeting sign  
past the Main chapel.  
Walk east from en-  
trance on Portola*  
Contact: Katie M  
760.773.5345

**Palm Desert, CA**  
5:45pm – 6:15pm  
• Newcomer Meeting •  
Open/Share/Discussion  
*Intro to CoDA Q & A*  
St. Margaret’s Church  
Hwy 74 at Haystack  
Contact: Linda S.  
760.347.3483

**Palm Desert, CA**  
6:30pm – 7:30pm  
• Open Meeting •  
Steps & Traditions  
*Into Action CoDA*  
St. Margaret’s Church  
Hwy 74 at Haystack  
Contact: Eva W  
760.772.0348

## TUESDAY

**Palm Desert, CA**  
6:00am – 7:00am  
• Men’s Meeting •  
Open/Share/Discussion  
Baker’s Square  
7307 Hwy 111  
Contact: Tim  
760.831.7481

**Indio, CA**  
7:30pm – 9:00pm  
• Open Meeting •  
Book/Share/Discussion  
*Candlelight*  
ABC Club  
44374 Palm Street  
Contact:  
760.342.6616

*This day is a beautiful room that’s never been seen before. Let me cherish the seconds, minutes, and hours I spend here. Help me to think before I speak and pray before I act.*

## WEDNESDAY

**Palm Desert, CA**  
6:00pm – 7:00pm  
• Open Meeting •  
Steps and Traditions  
Promises and Patterns  
*CoDA Letting Go*  
Christ of the Desert  
Church  
SW Corner of Fred  
Waring & San Pablo

**Palm Springs, CA**  
7:00pm – 8:00pm  
• GLBT Meeting •  
Book/Discussion/Topic  
*Rainbow CoDA*  
Desert Pride Center  
Upstairs at the Sun Ctr.  
611 S. Palm Canyon  
Suite 201  
Contact:  
760.327.2313

*Today I seek to be an instrument of the peace of God. I know that it is the most loving and generous commitment I can make – to myself.*

## THURSDAY

**Palm Desert, CA**  
6:00am – 7:00am  
• Men’s Meeting •  
Open/Book Study  
Baker’s Square  
73075 Hwy 111  
Contact: Don  
760.702.4486

**Palm Desert, CA**  
10:30am – 12:00pm  
• Open Meeting •  
Book/Share/Discussion  
Christ of the Desert Church  
SW Corner of Fred  
Waring and San Pablo  
Contact: Judy  
760.346.1903

**Rancho Mirage, CA**  
6:30pm – 7:45pm  
• Women’s Meeting •  
Share/Discussion/Steps/  
Traditions  
CoDA Soleil (*New*)  
41750 Rancho Las  
Palmas Dr. Bldg. F,  
Lecture Hall A  
Contact: Katherine  
760.534.4040

## SATURDAY

**Rancho Mirage, CA**  
10:00am – 11:30am  
• Open Meeting •  
Share/Discussion  
Eisenhower Medical Ctr.  
3rd Floor Conference Room  
39000 Bob Hope Dr.  
*Directions at Main Entrance  
Front Desk*  
Contact: Sharon M.  
760.773.0044

## SUNDAY

**Joshua Tree, CA**  
6:00pm – 7:30pm  
• Closed Meeting •  
Big Book/Step Study/  
Traditions/Promises/  
Discussion  
Hi-Desert Continuing  
Care Center  
6722 Whitefeather  
Road  
Contact: Judy M  
760.365.2944

### 7<sup>th</sup> Tradition Information:

Suggested percentages calculated **after Meeting Expenses** are deducted and **“Prudent Reserve”** is established. *Treasurers are suggested to take a group conscience to consider this.*

**60% Local Community Group Contributions:**  
Desert CoDA Community, PO Box 10132,  
Palm Desert, CA 92255

**30% CoDA Regional Contributions:**  
So-CAL CoDA Community, PO Box 175,  
Orange, CA 92856

**10% CoDA, Inc. Contributions:**  
CoDA Inc., PO Box 33577, Phoenix, AZ  
85067

**This Newsletter and separate Meeting List are available to print out at our website: [www.desertcoda.org](http://www.desertcoda.org)**

Any corrections or updates to meeting information please send an email to: [dccnewsletter@aol.com](mailto:dccnewsletter@aol.com) or call our info line: 760.779.8878

### What drives our need to control and avoid others?

Many of us ask, “Aren’t some of these behaviors healthy?” The answer can be found in the motivation for our behaviors. Our behaviors toward ourselves, others and our Higher Power may be appropriate if they are by choice with healthy boundaries. For example, we may leave the premises of a person who is verbally or physically threatening us. We behave codependently, however, if we allow fear or shame to dictate our lives, causing us to rely on past survival instincts such as control and avoidance.

*Page 16, Codependents Anonymous*

**The following passage is submitted by members of CoDA’s fellowship. The names are fictional. Any similarity to actual persons is purely coincidental.**

### CoDA SOLEIL

The girls of Coda Soleil were talking about the mixed messages we get from our fa-

thers. Bella’s father encourages and supports her while he puts down her sister. Some of the insults are directed toward women in general. Bella doesn’t want to lose her father’s praise, nor does she want to be insulted, so she remains silently compliant while she watches her sister fall apart, even turning to drugs. Bella feels this alienation is unfounded. This is painful, frustrating and insulting she shares. Bella’s father tells her she can rely on him; but she knows better.

Jasmine can relate. Jasmine’s father would put her down to make her adopted sister feel more important. Jasmine’s father would remind her she wasn’t going to amount to anything, that she was unattractive, and her sister could do no wrong.

As for me, my father recently made me a photo video with a song about father’s being good to their daughters. I found this ironic as my father tries to convince others the benefits of exploiting women in a particular third world country. “I am king and the women are subservient there!” my father praises. The best I could muster up to my father is to kindly not share such information in my company, that I feel disrespected, and such messages poison my self image even in the most subtle ways. I received

a smug look, confirming my father’s view of first world women, and he has honored my request. My father and I spend less time together and that’s ok. I’m learning to let go of the fear of loneliness. If you can relate, we have come to the conclusion we need to practice detachment with love, self care, spend energy on rekindling who we are, and avoid fixing.

### 12-STEP PROGRAM CONTACTS:

- 760.568.4004 Alcoholics Anonymous**
- 888.512.0061 Al-Anon - National**
- 760.614.9554 Al-Anon - Local**
- 800.662.4357 Cocaine Hotline**
- 800.736.9805 Families Anonymous**
- 888.424.3577 Gamblers Anonymous**
- 800.766.6779 Marijuana Anonymous**
- 800.642.0666 Narcotics Anonymous**
- 877.879.6422 Nicotine Anonymous**
- 760.771.8001 Overeaters Anonymous**
- 800.477.8191 Sex Addicts Anonymous**