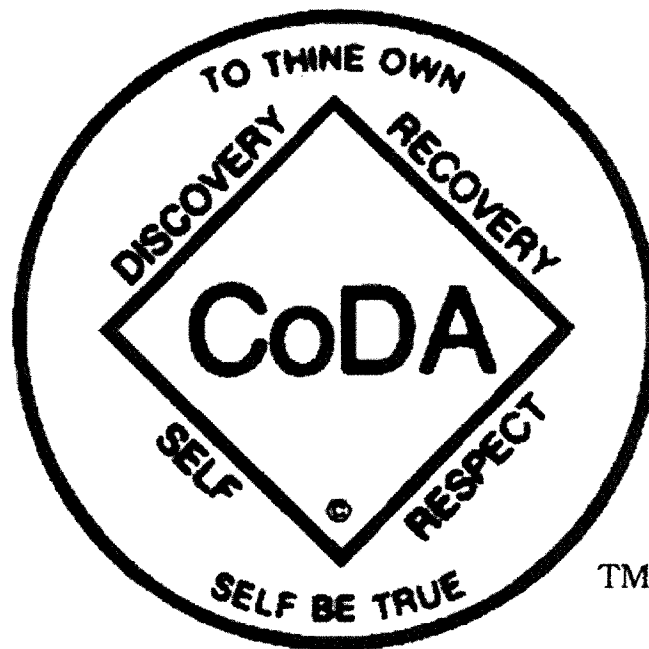


# CoDA

## Recovery Patterns



### **Week of the Month:**

**1st: Denial Patterns**

**2nd: Low Self Esteem Patterns**

**3rd: Compliance Patterns**

**4th: Control Patterns**

**5th: Avoidance Patterns**

**Note: If there is not a 5th meeting, read the Avoidance Patterns at the 4th meeting along with Control Patterns.**

## 1<sup>st</sup> Meeting of the Month---Denial Patterns

**Codependents often** have difficulty identifying what they are feeling.

**In Recovery,** I am aware of my feelings and identify them, often in the moment. I know the difference between my thoughts and feelings.

**Codependents often** minimize, alter, or deny how they truly feel.

**In Recovery,** I embrace my feelings; they are valid and important.

**Codependents often** perceive themselves as completely unselfish and dedicated to the well-being of others.

**In Recovery,** I know the difference between caring and caretaking. I recognize that caretaking others is often motivated by a need to benefit myself.

**Codependents often** lack empathy for the feelings and needs of others.

**In Recovery,** I am able to feel compassion for another's feelings and needs.

**Codependents often** label others with their negative traits.

**In Recovery,** I acknowledge that I may own the negative traits I often perceive in others.

**Codependents often** think they can take care of themselves without any help from others.

**In Recovery,** I acknowledge that I sometimes need the help of others.

**Codependents often** mask pain in various ways such as anger, humor, or isolation.

**In Recovery,** I am aware of my painful feelings and express them appropriately.

**Codependents often** express negativity or aggression in indirect and passive ways.

**In Recovery,** I am able to express my feelings openly, directly, and calmly.

**Codependents often** do not recognize the unavailability of those people to whom they are attracted.

**In Recovery,** I pursue intimate relationships only with others who want, and are able to engage in, healthy and loving relationships.

## 2<sup>nd</sup> Meeting of the Month---**Low Self-Esteem Patterns**

**Codependents often** have difficulty making decisions.

**In Recovery,** I trust my ability to make effective decisions.

**Codependents often** judge what they think, say, or do harshly, as never good enough.

**In Recovery,** I accept myself as I am. I emphasize progress over perfection.

**Codependents often** are embarrassed to receive recognition, praise, or gifts.

**In Recovery,** I feel appropriately worthy of the recognition, praise, or gifts I receive.

**Codependents often** value others' approval of their thinking, feelings, and behavior over their own.

**In Recovery,** I value the opinions of those I trust, without needing to gain their approval. I have confidence in myself.

**Codependents often** do not perceive themselves as lovable or worthwhile persons.

**In Recovery,** I recognize myself as being a lovable and valuable person.

**Codependents often** seek recognition and praise to overcome feeling less than.

**In Recovery,** I seek my own approval first, and examine my motivations carefully when I seek approval from others.

**Codependents often** have difficulty admitting a mistake.

**In Recovery,** I continue to take my personal inventory, and when I am wrong, promptly admit it.

**Codependents often** need to appear to be right in the eyes of others and may even lie to look good.

**In Recovery,** I am honest with myself about my behaviors and motivations. I feel secure enough to admit mistakes to myself and others, and to hear their opinions without feeling threatened.

**Codependents often** are unable to identify or ask for what they need and want.

**In Recovery,** I meet my own needs and wants when possible. I reach out for help when it's necessary and appropriate.

**Codependents often** perceive themselves as superior to others.

**In Recovery,** I perceive myself as equal to others.

**Codependents often** look to others to provide their sense of safety.

**In Recovery,** with the help of my Higher Power, I create safety in my life.

**Codependents often** have difficulty getting started, meeting deadlines, and completing projects.

**In Recovery,** I avoid procrastination by meeting my responsibilities in a timely manner.

**Codependents often** have trouble setting healthy priorities and boundaries.

**In Recovery,** I am able to establish and uphold healthy priorities and boundaries in my life.

## 3<sup>rd</sup> Meeting of the Month--Compliance Patterns

**Codependents often** are extremely loyal, remaining in harmful situations too long.

**In Recovery,** I am committed to my safety and leave situations that feel unsafe or are inconsistent with my goals.

**Codependents often** compromise their own values and integrity to avoid rejection or anger.

**In Recovery,** I am rooted in my own values, even if others don't agree or become angry.

**Codependents often** put aside their own interests in order to do what others want.

**In Recovery,** I consider my interests and feelings when asked to participate in another's plan.

**Codependents often** are hyper-vigilant regarding the feelings of others and take on those feelings.

**In Recovery,** I can separate my feelings from the feelings of others. I allow myself to experience my feelings and others to be responsible for their feelings.

**Codependents often** are afraid to express their beliefs, opinions, and feelings when they want love.

**In Recovery,** I respect my own opinions and feelings and express them appropriately.

**Codependents often** accept sexual attention when they want love.

**In Recovery,** My sexuality is grounded in genuine intimacy and connection. When I need to feel loved, I express my heart's desires. I do not settle for sex without love.

**Codependents often** make decisions without regard to the consequences.

**In Recovery,** I ask my Higher Power for guidance, and consider possible consequences before I make decisions.

**Codependents often** give up their truth to gain the approval of others or to avoid change.

**In Recovery,** I stand in my truth and maintain my integrity, whether others approve or not, even if it means making difficult changes in my life.

## 4<sup>th</sup> Meeting of the Month---Control Patterns

**Codependents often** believe people are incapable of taking care of themselves.

**In Recovery,** I realize that, with rare exceptions, other adults are capable of managing their own lives.

**Codependents often** attempt to convince others what to think, do, or feel.

**In Recovery,** I accept the thoughts, choices, and feelings of others, even though I may not be comfortable with them.

**Codependents often** freely offer advice and direction without being asked.

**In Recovery,** I give advice only when asked.

**Codependents often** become resentful when others decline their help or reject their advice.

**In Recovery,** I am content to see others take care of themselves.

**Codependents often** lavish gifts and favors on those they want to influence.

**In Recovery,** I carefully and honestly contemplate my motivations when preparing to give a gift.

**Codependents often** use sexual attention to gain approval and acceptance.

**In Recovery,** I embrace and celebrate my sexuality as evidence of my health and wholeness. I do not use it to gain the approval of others.

**Codependents often** have to feel needed in order to have a relationship with others.

**In Recovery,** I develop relationships with others based on equality, intimacy, and balance.

**Codependents often** demand that their needs be met by others.

**In Recovery,** I find and use resources that meet my needs without making demands on others. I ask for help when I need it, without expectation.

**Codependents often** use charm and charisma to convince others of their capacity to be caring and compassionate.

**In Recovery,** I behave authentically with others, allowing my caring and compassionate qualities to emerge.

**Codependents often** use blame and shame to exploit others emotionally.

**In Recovery,** I ask directly for what I want and need and trust the outcome to my Higher Power. I do not try to manipulate outcomes with blame or shame.

**Codependents often** refuse to cooperate, compromise, or negotiate.

**In Recovery,** I cooperate, compromise, and negotiate with others in a way that honors my integrity.

**Codependents often** adopt an attitude of indifference, helplessness, authority, or rage to manipulate outcomes.

**In Recovery,** I treat others with respect and consideration, and trust my Higher Power to meet my needs and desires.

**Codependents often** use recovery jargon in an attempt to control the behavior of others.

**In Recovery,** I use my recovery for my own growth and not to manipulate or control others.

**Codependents often** pretend to agree with others to get what they want.

**In Recovery,** My communication with others is authentic and truthful.

## 5<sup>th</sup> Meeting of the Month---**Avoidance Patterns**

**Codependents often** act in ways that invite others to reject, shame, or express anger toward them.  
**In Recovery,** I act in ways that encourage loving and healthy responses from others.

**Codependents often** judge harshly what others think, say, or do.  
**In Recovery,** I keep an open mind and accept others as they are.

**Codependents often** avoid emotional, physical, or sexual intimacy as a way to maintain distance.  
**In Recovery,** I engage in emotional, physical, or sexual intimacy when it is healthy and appropriate for me.

**Codependents often** allow addictions to people, places, and things to distract them from achieving intimacy in relationships.  
**In Recovery,** I practice my recovery to develop healthy and fulfilling relationships.

**Codependents often** use indirect or evasive communication to avoid conflict or confrontation.  
**In Recovery,** I use direct and straightforward communication to resolve conflicts and deal appropriately with confrontations.

**Codependents often** diminish their capacity to have healthy relationships by declining to use the tools of recovery.  
**In Recovery,** when I use the tools of recovery, I am able to develop and maintain healthy relationships of my choosing.

**Codependents often** suppress their feelings or needs to avoid feeling vulnerable.  
**In Recovery,** I embrace my own vulnerability by trusting and honoring my feelings and needs.

**Codependents often** pull people toward them, but when others get close, push them away.  
**In Recovery,** I welcome close relationships while maintaining healthy boundaries.

**Codependents often** refuse to give up their self-will to avoid surrendering to a power greater than themselves.  
**In Recovery,** I believe in and trust a power greater than myself. I willingly surrender my self-will to my Higher Power.

**Codependents often** believe displays of emotion are a sign of weakness.  
**In Recovery,** I honor my authentic emotions and share them when appropriate.

**Codependents often** withhold expressions of appreciation.  
**In Recovery,** I freely engage in expressions of appreciation toward others.