

CoDA for Addicts & Alcoholics

The Promises

If we work this program consistently, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will be able accept the past and move forward to the best of our ability.

Those who work this program will gain a sense of acceptance that allows them to process their experiences, learn from them, and move on without toxic guilt.

We will comprehend the word serenity, and we will know peace—often for the very first time in our lives.

No matter how far down the scale we have gone, we will see how our experience can benefit others in a healthy way.

Seeking approval will slip away. Our whole attitude and outlook upon life will change. We will go from hopeless to hopeful.

We will intuitively know how to handle situations which used to baffle us.

As we get deeper into the recovery process, we begin to see situations more clearly and can tap into their inner resources.

We will learn how to be kind without being codependent. We will learn how to take care of ourselves even as we help others.