

CoDA for Addicts & Alcoholics

Primary Purpose

Our primary purpose is to support each other as we try to reconcile the different philosophies of AA, NA, and CoDA. In AA we are told that “We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.” In CoDA we will be told that we should learn to be selfish and put ourselves first. These two philosophies, at first glance, contradict each other and can be very confusing. In this meeting we will find common ground between the two ideologies by adopting an attitude of “appropriate self-concern,” which will allow us to love others while loving ourselves at the same time. For our codependency we will learn boundaries. For our alcoholism and drug addiction we will learn how to turn away from the selfishness of addiction and learn to pay more attention to our families and others.