

SUGGESTED CoDA STEP QUESTIONS

1 – 30

(NOTE TO SPONSOR: PLEASE GIVE THESE QUESTIONS TO THE SPONSEE ONE AT A TIME WHEN THEY CALL AND ASK FOR THE NEXT QUESTION)

1. What is the first time you can remember codependent related events happening in your life? Have you lost any time, money, or energy due to unhealthy relationships? Write a brief history of your codependency. Discuss what help you have sought for this problem and your attempts to do this on your own.
2. Read Step One, pages 26-31. Discuss and reflect upon the effect that codependency has had on you over the years. Do you truly see that you have been involved in codependent relationships? Are you willing to change?
3. Read Chapter One, pages 1-7. Recovery starts with an honest self-evaluation. Reflect upon the following questions: What is codependence? Which codependent patterns & characteristics describe yourself? What devastating losses have brought you to CoDA? Discuss.
4. Re-read Chapter One, pages 1-7. Reflect on how codependent patterns have helped you in the past as survival mechanisms. However, survival is not living fully. In CoDA we are learning to live life. How has codependency diminished your life? Why is it important to not push someone in recovery until they are ready?
5. What is the importance of using the telephone in CoDA? What is the importance of anonymity? How are both intertwined?
6. Re-read Chapter One, pages 7-11. With the help of a loving Higher Power, the program of CoDA, and those who join us on this journey, each of us can experience the hope of recovery. What are the promises of Co-Dependents Anonymous? Why is codependence hard to recognize? Why is it important to replace denial & control with acceptance? What experience are you seeking in CoDA recovery?
7. Read Chapter Two, pages 13-15. Answer the five questions on page 13. Reflect what is meant when it says, “When we attempt to codependently control or manipulate others we turn ourselves into a Higher Power to maintain our sense of safety and well-being. When we codependently avoid others, as well as adapt or change our behaviors for others, we give them, instead of our Higher Power, this control and strength.” Discuss.
8. Re-read Chapter Two, pages 13-15. Answer these questions:
 - what is our “Spiritual Dilemma?”
 - what attitudes are reflected when we use control “to any degree?”
 - what attitudes and feelings are reflected when we use avoiding behaviors?
 - how does the position of “better than” or “less than” play a role in our self-centered ways?
 - what does it mean, “Equality is Lost?”

9. Read Chapter Two, pages 16-18. What drives your need to control and avoid others? Did you ever experience abuse or neglect while you were growing up? Did that affect your self-image? Describe.
10. Read the section “What Is Fear Of Shame” pages 116-117. Discuss “fear of shame.” What behaviors do you commonly display when you are afraid of someone hearing about your mistakes? Notice a mistake that you made today. How do you feel about it? Reflect on this saying, “I MADE A MISTAKE, BUT I’M NOT A MISTAKE.” Discuss.
11. Read these sections pages 118-120. “What Are Physical And Aggressive Forms Of Abuse And Control?” & “What Are Non-Physical And Passive Forms Of Abuse And Control?” Which ones have you experienced? Write your insights in your journal. Discuss.
12. Read the section “What Is The Difference Between Being Codependent And Being Thoughtful?” on page 120. Write your insights in your journal. Discuss.
13. Read Chapter Two, pages 18-22. Discuss building your own concept of a Higher Power. Where have you put your misplaced faith in the past? Discuss surrender and letting go of your controlling and avoidance behaviors. How can feelings be resolved? How can you emotionally detach from those on whom you compulsively rely? Does God create bad people? Is there a place for forgiveness in recovery?
14. Read Step Two, pages 31-35. Are you willing to entertain the possibility that there is a power that can do for you what you could not do for yourself? Insanity is doing the same thing over and over again expecting different results. Continuing to act in a self-destructive manner is insane, but nothing changes until you turn away from your addictions and from the people with whom you’re obsessed. Discuss and reflect upon the concept of insanity as it applies to you in CoDA.
15. Re-read Step Two, page 33. Make a list of attributes of a Higher Power with whom you would like to have a relationship. What do you really want from your God?
16. Re-read Step Two, pages 34-35. Write what is meant when it says “We begin placing this relationship first.” Discuss the statement “your Higher Power does not accomplish your recovery work for you; you must do your share.” What is your part? What needs to be done to develop and strengthen your relationship with your Higher Power?
17. Re-read Chapter Two, pages 20-22. Discuss perfectionism and why it is an illusion. To keep perspective, why is it important to prioritize your relationships? What relationship needs to come first? What relationship comes second? What relationships come third? Discuss the anticipated miracles of recovery.
18. Read Chapter Three introduction, “A Suggested Program of Recovery” on pages 23-26. What does the program of Co-Dependents Anonymous consist of? Why will a half-hearted attempt to work the Steps leave you feeling self-defeated? Discuss “Your journey thru the Steps may

be the most difficult work you ever attempt.” Do you see working the Steps as an overwhelming task? What are the rewards of recovery? Are you willing to work the Steps as a part of your personal recovery?

19. Re-read Step Two, pages 31-35. Discuss and reflect upon your childhood exposure to any religious concepts. On one side of a two-column balance sheet list your negative feelings and on the other side your positive feelings as they relate to early religious experience. What conclusion do you reach when you reflect on the balance sheet?
20. Read Step Three, pages 35-39. Create another balance sheet. On one side, list all the reasons that you can believe in God. On the other side, list all your reasons for disbelief.
21. Re-read Step Three, pages 35-39. Why not give God a chance where you have failed? What do you have to lose but your misery? Discuss why this program is not a “flash in the pan.” Are you willing to ask God for help more than once?
22. Read the section, “How do I learn to trust?” on page 121. Did you learn early not to trust? Have you been overly trusting? What is appropriate trust? Why is it important to learn to be able to trust ourselves and our Higher Power first?
23. Discuss the idea of calling a “HALT” when your life gets unmanageable. Do not allow yourself to get too h-hungry, a-angry, l-lonely, or t-tired.
24. Get a box or container that is precious to you. Put it in a special place and dedicate it as your “God Box.”
25. Read the section “Do I have to forgive those who hurt me?” on page 121. Discuss why “blaming” anyone is actually hurtful to yourself? However, forgiving too early can be a quick fix. Therefore, what steps need to be done first before forgiveness can give you a lasting release from blaming? What are the benefits of forgiveness?
26. Re-read Step Three, pages 35-39. Are you willing to decide to trust God to care for all you consider precious and important? Are you willing to rely on your Higher Power to provide you with peace, happiness, and well-being? What energy will now be available when others are no longer responsible for your happiness & well-being? Are you frightened to allow God to take care of you AND the other people in your life? What are the crossroads where you are standing?
27. Re-read Step Three, page 37. Create a special place and time to sincerely complete this step. When you are ready, this prayer may be helpful: “God, I give to You all that I am and all that I will be for Your healing and direction. Make new this day as I release all my worries and fears to you knowing that You are by my side. Please help me to open myself to Your love, to allow Your love to heal my wounds, and allow Your love to flow through me and from me to those around me. May Your will be done this day and always. Amen.” Make a sincere commitment to your Higher Power to turn your will and ALL your life over to God’s care. (May be completed with your Sponsor or by yourself. Deep intention is the key to this step.)

28. Re-read Step Three, pages 38-39. Every morning when you awake, renew your decision to turn your will and your life over to the care of God as you understand God. Make a commitment to actively strengthen your relationship with your God. It is your MOST IMPORTANT relationship. Trust in your Higher Power's help. Ask God for help and guidance. Do your part. Strive for a life of balance. Look for strength and serenity as you grow in trust of God's continuing presence and care. Discuss these ideas.

29. Discuss the saying, "Let Go, and Let God!" Is there any person, place, or situation with which you are upset or obsessing today? Each time you are uncomfortable and recognize a lack of peace inside, remember to work Step One, Step Two, and Step Three. Decide to turn the situation over to the care of your loving Higher Power. Say to yourself, "I am powerless over this person...." Write about the situation. What are you feeling? What are you needing? What is their part? What is your part? Prayerfully surrender the outcome to your Higher Power and put it all in your God Box.

30. Reflect on your own personal surrender. Discuss and share at meetings your experience, strength, and hope from doing the Steps & working the program this far. Celebrate that you have come this far! Are you willing to commit to another 30 questions to begin Step Four?