

Co-Dependents Anonymous (CoDA) Program Summary

Resource number: 40755193

A program of: Self-Help Support Groups Other Alternative Support Groups

Description

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What is CoDA?

Co-Dependents Anonymous is a fellowship of people whose common purpose is to develop healthy and supportive relationships. While the program was originally founded for people struggling with general codependency, its structure, tools, and community are particularly helpful for individuals affected by problem gambling including both gamblers and their loved ones.

CoDA follows a 12-Step spiritual framework adapted from Alcoholics Anonymous, focusing on the healing of dysfunctional relationship patterns, emotional dependency, enabling behaviors, and self-neglect.

Who Can Benefit?

CoDA welcomes anyone who:

- Feels trapped in unhealthy relationships with addicted or compulsive individuals
- Struggles with self-esteem, boundaries, or a sense of identity
- Finds themselves enabling a loved ones problem gambling
- Wants to recover from emotionally destructive relationships
- Feels emotionally or psychologically affected by someone else's gambling behavior

CoDA is a safe space for:

- Loved ones of problem gamblers (partners, parents, siblings, friends)
- Problem gamblers in recovery, especially those exploring relational healing
- Anyone ready to take responsibility for their own emotional well-being

Core Principles

1. Self-Awareness and Healing

Participants examine their behaviors, motives, and patterns especially those that arise in reaction to a loved ones gambling.

2. Boundaries and Detachment

Members learn to lovingly detach from the destructive behaviors of others while maintaining compassion and self-protection.

3. Emotional Integrity

Recovery involves recognizing and honoring ones feelings, wants, and needs without being ruled by anothers problems or chaos.

4. Spiritual Growth

Although non-denominational, CoDA encourages spiritual development through connection with a higher power of ones own understanding.

The 12 Steps & 12 Traditions

CoDAs 12 Steps help participants:

- Identify and heal codependent behaviors
- Make amends and practice forgiveness
- Build emotional independence and resilience

The 12 Traditions guide group unity and ensure that meetings remain welcoming, confidential, and democratic.

Tools of Recovery

- Meetings: Available in-person, online, and via phone
- Literature: CoDA publishes books, workbooks, and daily meditations
- Sponsorship: Experienced members mentor newcomers
- Service: Giving back helps reinforce recovery and purpose
- Fellowship: Supportive relationships help break the cycle of isolation

How It Can Help with Problem Gambling

For those impacted by gambling, CoDA helps:

- Break cycles of rescuing, enabling, or controlling behavior
- Build healthier communication and trust
- Separate ones identity from the actions or needs of the gambler
- Reclaim peace of mind, regardless of whether the gambler is in recovery

How to Get Involved

- Website: <https://coda.org/>
- Meeting Finder: Search for meetings by location or format (

In-Person, Online, and Phone) at <https://coda.org/find-a-meeting/>

-Literature: Digital versions of Meeting Materials (English and Spanish) are available for free online at <https://coda.org/meeting-materials/>

What is Codependence?

Somewhere along this road we learn about codependence. We hear it from a friend or a therapist. We see it mentioned in the news. Many of us wonder if codependence describes who we are.

Codependence is a disease that deteriorates the souls. It affects our personal lives; our families, children, friends, and relatives; our businesses and careers; our health; and our spiritual growth. It is debilitating and, if left untreated, causes us to become more destructive to ourselves and others. Many of us come to a point when we must look beyond ourselves for help. When we attend our first meeting of Co-dependents Anonymous, many of us find a source for help. Each of us arrives here from different directions. Some of us are urged by family members or friends. Some of us come to CoDA when our physicians, psychiatrists, or therapists see the need. Many of us reach CoDAs doorstep after treatment for codependence or other addictions.

Whether its crisis or curiosity that brings us to CoDA, many of us learn about the characteristics of codependence at our first meeting. These characteristics help us determine what unhealthy patterns weave in and out of our lives. Do we live in extremes instead of balance? How do we, our mates, children and friends suffer because of our behaviours? Do our codependent behaviors cause our relationships to stagnate, deteriorate or destruct? If the answers to these soul-searching questions cause us to admit, I am codependent and I need help. then were beginning to locate recovery's path.

It all begins with an honest look at ourselves.

Many of us struggle with the questions: What is codependence? Am I codependent? We want precise definitions and diagnostic criteria before we will decide. As stated in the Eighth Traditions, Co-Dependents Anonymous is a non-professional fellowship. We offer no definition 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 came to accept our inability to maintain healthy and nurturing relationships with ourselves and others. We begin to recognize that the cause lies in longstanding destructive patterns of living.

The following characteristics of codependence outlined in the CoDA pamphlet, Am I Co-Dependent? and can help us to identify to what degree this illness affects us.

Patterns and Characteristics of Codependence

The following checklist is offered as a tool to aid in self-evaluation. It may be particularly helpful to newcomers as they begin to understand codependency. It may aid those who have been in recovery a while to determine what traits still need attention and transformation.

Denial Patterns

Codependents often...

- Have difficulty identifying what they are feeling
- Minimize, alter, or deny how they truly feel.

Resources from The Florida Council on Compulsive Gambling, Inc

Phone Numbers

Main Line (English) (888) 444-2359

Main Line (Spanish) (888) 444-2379

Website coda.org/

Email info@coda.org

Program Information

Eligibility

Languages Offered English, Spanish, Spanish, English

Payment Options

Fees Free

Application Process

Documents Required

Normal Wait Time

Capacity

Volunteer Opportunities No

Coverage Areas

United States - Nationwide

Nationwide