

Step Study Meeting Guideline – Monaco Group

Thursday 7pm

ZOOM ID: 968 5673 5957 - PW: 1212

Good evening and welcome to our Step Study Meeting. My name is _____ and I am a codependent. I am your meeting leader tonight.

(Optional if there is a newcomer or someone not known) **We welcome any visitor or newcomers.** Who are attending their first, second or third meeting of Co- Dependents Anonymous? We invite you to raise your hand and introduce yourself by your first name so that we can get to know you better. We encourage you to ask any questions you might have after the meeting and to try several meetings before deciding if CoDA is right for you.

In this Step Study meeting we work through the CoDA Twelve Steps and Twelve Traditions Workbook based on the number of the month. If time remains after all the questions for both the Steps and Traditions are complete, we will then have open sharing. We share specifically our written answers to the questions from the CoDA workbook.

An open share meeting is held every Tuesday.

This is a tech and mobile free meeting so please turn off or silence your mobile phones. Tech would include the use of social media, messaging or any other distraction from your purpose in attending this meeting.

Please join me in a moment of silence followed by the CoDA Opening Prayer:

In the spirit of love and truth, we ask our Higher Power to guide us as we share our experience, strength, and hope. We open our hearts to the light of wisdom, the warmth of love, and the joy of acceptance.

May I please have a volunteer read the Twelve Promises of Codependents Anonymous on page 8 of our workbooks? Thank you.

A reminder: **CoDA is self-supporting** through its own contributions. You may donate through a CoDA PayPal account. Details will be shared through the chat.

In this meeting we speak about ourselves and our experiences **using "I" statements**, and avoid sharing at or about others with "you" statements. We work toward taking responsibility in our own lives rather than giving advice to others. **Crosstalk guidelines** help keep this meeting a safe place for all.

Sharing is limited to 3 minutes (approximately) and you are asked to **time your own shares**. **Please limit your sharing to what you have written.**

A. (1st week) Tonight we are on the **Step__ and the questions** of our workbook. We will take turns reading the Step a paragraph at a time, followed by 15 minutes for open sharing. After that, we will take turns reading a question at a time from the workbook and sharing our written responses. After all have read, others may share new thoughts keeping in mind our agreed upon guide and time for sharing. Who would like to start?

B. (2nd week) Tonight we will continue answering the **remaining questions from Step _____** of our workbook. We will take turns reading a question at a time from the workbook and sharing our written responses. After all have read, others may share new thoughts keeping in mind our agreed upon guide and time for sharing. Who would like to start?

C. Fourth Step This is another important recovery tool. However, no one is required to read if they feel it is not appropriate at this time. If you do not wish to read, do so knowing that it is your responsibility to arrange with your sponsor or another person to share that portion of your Fourth Step work.

1st week: Tonight we will read **Step 4** from the workbook and then share on the **Patterns**. We will take turns reading the Step a paragraph at a time, followed by 15 minutes for open share. After which the meeting would be open for sharing on what we have written about the Patterns. Who would like to start?

2nd week: Tonight the meeting will be open for sharing on what we have written on the **Patterns chart** and assets developed at particular moments of our history. Who would like to start?

3rd week: Tonight the meeting will be open for sharing on what we have written on the **Patterns and Characteristics**. Who would like to start?

4th week: Tonight the meeting will be open for sharing on what we have written on the **4th Step chart** and the **positive attributes**. Who would like to start?

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That is all the time we have for sharing. If you did not get a chance to share, please talk to someone after the meeting. Please join me in the **CoDA Step Prayer for this Step** (see appendix further in document).

CoDA is an **anonymous program**. We ask that you respect the anonymity and confidentiality of each person in this meeting. We ask that who you see here, what is said here, when you leave here, let it stay here.

Homework for next week is _____.

Are there any CoDA announcements?

Our **business meeting** takes place every **1st week** of the month after the meeting. Is there any person is available for sponsorship? Please raise your hand. Thank you.

Thank you for letting me be of service. Please

join me in the CoDA Closing Prayer:

*We thank our Higher Power for all that we have received from this meeting.
As we close, may we take with us the wisdom, love, acceptance, and hope of recovery*

Twelve Promises of Codependents Anonymous

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions...

1. I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible to mend – to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust the guidance I receive from my higher power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.

Step Prayers

Step One Prayer

In this moment, I do not have to control anyone, including me. And if I feel uncomfortable with what another person is doing or not doing, I can remind myself that I am powerless over this person and I am powerless over my compulsion to act in inappropriate ways.

Step Two Prayer

In this moment, I can believe that I am never alone; I can experience the sense of freedom that having a Higher Power offers me. I remind myself that believing is also an action and if I am willing to practice it, one moment at a time, I will develop faith.

Step Three Prayer

In this moment, I can choose my own Higher Power. I can set aside all the old beliefs about who I am not and be who I am—a child of God. I can remind myself that a faith in a Higher Power becomes a faith in me, and that my recovery lies in being true to myself and to my Higher Power.

Step Four Prayer

In this moment, I am willing to see myself as I truly am: a growing, unfolding spiritual being resting in the hands of a loving God. I can separate who I am from what I've done knowing that the real me is emerging—loving, joyful, and whole.

Step Five Prayer

In this moment, I will acknowledge myself for doing what was most difficult for me. I will rest in the accepting presence of my Higher Power. I know I have deepened my commitment to the journey of recovery by opening myself and my heart to a fellow human being.

Step Six Prayer

In this moment, I am entirely ready to be freed of all my shortcomings. In this moment, I am ready to surrender these defects of character to God, knowing that the power of willingness to heal is great. Each new Step I take in my recovery, no matter how small it may appear, is an affirmation of my wholeness.

Step Seven Prayer

In this moment, I ask my Higher Power to remove all of my shortcomings, relieving me of the burden of my past. In this moment, I place my hand in God's, trusting that the void I experience is being filled with my Higher Power's unconditional love for me and those in my life.

Step Eight Prayer

In this moment, I see the impossible become not only possible, but real. As I forgive myself for my shortcomings, I am able to forgive others, opening the way for a true and lasting change in my behavior. Higher Power's unconditional love for me and those in my life. Thank you, God.

Step Nine Prayer

In this moment, I trust my Higher Power to guide me in making sincere and honest amends. In this moment, I experience my gratitude for Co-Dependents Anonymous and the Twelve Steps of recovery, knowing that as I am willing to live this program, share the fellowship, and walk with God, I am free.

Step Ten Prayer

In this moment, I live my life in a new way. As I continue to open my heart and mind, little by little, one day at a time, I reveal my true self, mend my relationships, and touch God.

Step Eleven Prayer

In this moment, I quiet my thoughts and open my mind and heart to God's guidance for me. In this moment, I feel the gentle peace that conscious contact with God allows. If I am troubled and in doubt or joyful and serene, I turn to God. I know my path will be revealed and the way to my highest good will be made known.

Step Twelve Prayer

In this moment, I thank God for my spiritual awakening. In this moment, I choose to live all the principles of this simple program. I know the wisdom working through me will touch all I meet with God's love and understanding. I am at peace.

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