

The 12 Steps that I use today

1. CoDA: We admitted we were powerless over others - that our lives had become unmanageable.

Mine: I admit that I am powerless over all living beings; my thoughts, feelings, and reactions; the state of my body; my obsession with time and fill in with anything else that feels appropriate at this time, that my life has become unmanageable.

2. CoDA: Came to believe that a power greater than ourselves could restore us to sanity.

Mine: I believe that a power greater than my ego and my wounded self can restore me to sanity and will if I continue to do to work my CoDA recovery program.

3. CoDA: Made a decision to turn our will and lives over to the care of God as we understood God.

Mine: I turn my will and my life over to the care of my Higher Power which is my true self that is directly connected to the rest of the universe (feel free to fill in anything that feels right for you if underlined does not work for you).

My Third Step Prayer:

Higher Power, I give to you all that I am and all that I will be for your healing and direction. Please make new this day as I release all my worries and fears, knowing you are both within me and all around me. Please help me to open myself to your love, to allow your love to heal my wounds and to allow your love to flow through me and from me to those around me. May your will be done today and always. Amen.

4. CoDA: Made a searching and fearless moral inventory of ourselves.

Mine: I regularly make a loving, searching and courageous moral inventory of myself, including anything that is currently bothering me such as resentments, pain, anger, fear, etc.

5. CoDA: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Mine: I admit to my Higher Power, myself and another human being the exact nature of my inventory.

6. CoDA: Were entirely ready to have God remove all these defects of character.

Mine: I am entirely ready to have my Higher Power remove from me all the things that prevent me from being able to lead an emotionally and spiritually, happy, healthy and peaceful life of ease filled with love, kindness, courage, compassion and the belief that I am enough, I am lovable and I am loved.

7. CoDA: Humbly asked God to remove our shortcomings.

Mine: I humbly ask my Higher Power to remove all the things that prevent me from being able to lead an emotionally and spiritually happy, healthy and peaceful life of ease filled with love, kindness, courage, compassion and the belief that I am enough, I am lovable and I am loved

My Seventh Step Prayer:

Higher Power, please remove from me all the things that prevent me from being able to lead an emotionally and spiritually happy, healthy and peaceful life of ease filled with love, kindness, courage, compassion and the belief that I am enough, I am lovable and I am loved, thus relieving me of the burden of my past. I put my hand in yours, trusting that the void that has been created will be filled with your unconditional love for me and for those in my life.

8. CoDA: Made a list of all persons we had harmed and became willing to make amends to them all.

Mine: I make a list of all persons I have harmed and became willing to make amends to them all remembering to put myself at the top of that list.

9. CoDA: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Mine: I make direct amends to such people wherever possible, except when to do so would injure them or others, remembering that I am one of those others.

10. CoDA: Continued to take personal inventory and when we were wrong promptly admitted it.

Mine: I continue to take personal inventory and when I discover I have acted in a way I regret I promptly admit it and make appropriate amends.

11. CoDA: Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Mine: I seek through prayer and meditation to improve my conscious contact with my Higher Power, praying only for knowledge of what is her will for me and the power to carry it out.

My Eleventh Step Prayer:

Higher Power, please grant me knowledge of what your will is for me and grant me the power to carry it out.

12. CoDA: Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.

Mine: Having had a spiritual awakening as the result of these steps, I do my best to carry this message to others who suffer and to practice these principles in all my affairs.