

## Twelve Steps And Traditions Codependency Workbook

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1 We admitted we were powerless over others – that our lives had become unmanageable. 2 Came to believe that a power greater than ourselves could restore us to sanity. 3 Made a decision to turn our will and lives over to the care of God as we understood God. 4 Made a searching and fearless moral inventory of ourselves.

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The Twelve Traditions of Co-Dependents Anonymous

recovery from codependency: The Twelve Steps Handbook, "Chapter 3, A Suggested Program of Recovery" in the text Co-Dependents Anonymous, and The Twelve Steps and Twelve Traditions Workbook. This document will focus primarily on the 12 Steps and 12 Traditions Workbook, which these small, committed groups most often use.

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