

1. BELONGING

Promise: *I have a new sense of belonging. The feeling of emptiness and loneliness will disappear.*

- How have I stopped myself from feeling that I “belong”?
- Have I excluded myself, maybe to avoid risking rejection? How?
- Did the taking of Step One allow me to feel that I belong in CoDA?
- What do I feel about this Promise and about these questions?

My thoughts:

2. COURAGE, INTEGRITY & DIGNITY

Promise: *I am no longer controlled by my fears. I can overcome my fears and act with courage, integrity and dignity.*

- What fears have affected my life?
- Are childhood fears still limiting my life today?
- How have I not trusted myself?
- What do I feel about this Promise and about these questions?

My thoughts:

3. FREEDOM

Promise: *I know a new freedom.*

- What is freedom? What would I like to be free from?
- How has my life changed as a result of the CoDA Fellowship?
- When I let go of others’ opinions – what changes?
- When I let go of my reactions to others’ actions or opinions what happens?
- What do I feel about this Promise and about these questions?

My thoughts:

4. RELEASE

Promise: *I am released from the worry, guilt and regret of my past and present. I am aware enough not to repeat it.*

- How have worry, guilt and regret harmed me and affected my life?
- How could/do I let go of guilt and regrets? Which Steps & tools help?
- What does “healing of our past” mean to me?
- How did I become honest and admit that my behaviors were causing my life to become unmanageable?
- What do I feel about this Promise and about these questions?

My thoughts:

5. LOVE & ACCEPTANCE

Promise: *I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.*

- How would my life be different if I felt lovable, loving and loved all of the time?
- What stops me from accepting myself as I am and others as they are?
- What is the opposite of acceptance? How does it feel?
- What helps me be able to see my beauty, value and worth? What stops me?
- What do I feel about this Promise and about these questions?

My thoughts:

6. EQUALITY

Promise: *I feel equal to others. My new and renewed relationships are with equal partners.*

- What stops me from seeing myself as equally valuable as others?
- Do I treat all people equally (including myself)? With equal respect?
- How would it change my interactions and relationships with others if I felt and acted neither better than nor less than?
- What do I feel about this Promise and about these questions?

My thoughts:

7. HEALTHY RELATIONSHIPS

Promise: *I am capable of developing and maintaining healthy and loving relationships. Control and manipulation have disappeared as I learn to trust those I trust.*

- Have I been relieved of my need to control others yet? What triggers this need?
- I AM capable...How does this knowledge help me in my recovery?
- What is trust? Am I trustworthy?
- What happens when I use others as my Higher Power?
- What do I feel about this Promise and about these questions?

My thoughts:

8. MENDING & COMMUNICATION

Promise: *I learn to mend my relationships. I communicate in ways that are safe and respectful.*

- How am I different when I am caretaking than when I am being supportive?
- Did I receive sufficient support, love and healthy intimacy as a child?
- What support would I like to have received from my family?
- What boundaries do I need to set (with others and myself) to allow me to feel safe and be present when I am with my family?
- What do I feel about this Promise and about these questions?

My thoughts:

9. UNIQUE & PRECIOUS

Promise: *I acknowledge that I am a unique and precious creation.*

- How can I be unique and equal at the same time?
- Do I treat myself as a precious creation?
- Have I hidden my unique and precious self from others? Why?
- What helps me be able to see my beauty, value and worth? What stops me?
- What do I feel about this Promise and about these questions?

My thoughts:

10. SELF-WORTH

Promise: *I recognize that I no longer need to rely solely on others to provide me with a sense of my own worth.*

- In what ways is my self-worth still affected by others' opinions or actions? (Either positively or negatively)
- How does my Higher Power help me to see that I have value and worth?
- Do I remember to validate others for who they are?
- When I let go of others' opinions – what changes?
- What do I feel about this Promise and about these questions?

My thoughts:

11. TRUST & CAPABILITY

Promise: *I trust my Higher Power for guidance and come to believe in my own capabilities.*

- How have I learned to trust again? How do I receive guidance?
- Do I remember that I have skills and capabilities? What are they?
- What happens when I use others as my Higher Power?
- What do I feel about this Promise and about these questions?

My thoughts:

12. SERENITY, STRENGTH & SPIRITUAL GROWTH

Promise: *I gradually experience serenity, strength and spiritual growth in my daily life.*

- Gradually! Am I patient with myself and with God?
- How can I use my recovery program when things are going well?
- In what ways, however small, has my serenity grown?
- What does “healing of our past” mean to me?
- What do I feel about this Promise and about these questions?

My thoughts: