

# The Twelve Promises of CoDA

Participant Handouts — Two-Session Workshop

*Sharing is invited, not required. Take what is useful and allow your own experience to guide your reflection.*

## Session 1 — Exploring the Twelve Promises

### My First Reactions:

What do I notice as I read the Promises? What feels hopeful, familiar, difficult, or unfamiliar?

| Promise                                                                                                                                                                                          | My reflection                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 1. I know a new sense of belonging. The feelings of emptiness and loneliness will disappear.                                                                                                     | <input type="checkbox"/> I recognize this <input type="checkbox"/> Beginning to experience this <input type="checkbox"/> Difficult to imagine |
| 2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity, and dignity.                                                                                      | <input type="checkbox"/> I recognize this <input type="checkbox"/> Beginning to experience this <input type="checkbox"/> Difficult to imagine |
| 3. I know a new freedom.                                                                                                                                                                         | <input type="checkbox"/> I recognize this <input type="checkbox"/> Beginning to experience this <input type="checkbox"/> Difficult to imagine |
| 4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.                                                                                 | <input type="checkbox"/> I recognize this <input type="checkbox"/> Beginning to experience this <input type="checkbox"/> Difficult to imagine |
| 5. I know a new love and acceptance of myself and others; I feel genuinely lovable, loving, and loved.                                                                                           | <input type="checkbox"/> I recognize this <input type="checkbox"/> Beginning to experience this <input type="checkbox"/> Difficult to imagine |
| 6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.                                                                                       | <input type="checkbox"/> I recognize this <input type="checkbox"/> Beginning to experience this <input type="checkbox"/> Difficult to imagine |
| 7. I am able to develop and maintain healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.                   | <input type="checkbox"/> I recognize this <input type="checkbox"/> Beginning to experience this <input type="checkbox"/> Difficult to imagine |
| 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. | <input type="checkbox"/> I recognize this <input type="checkbox"/> Beginning to experience this <input type="checkbox"/> Difficult to imagine |
| 9. I acknowledge that I am a unique and precious creation.                                                                                                                                       | <input type="checkbox"/> I recognize this <input type="checkbox"/> Beginning to experience this <input type="checkbox"/> Difficult to imagine |
| 10. I no longer need to rely solely on others to provide my sense of worth.                                                                                                                      | <input type="checkbox"/> I recognize this <input type="checkbox"/> Beginning to experience this <input type="checkbox"/> Difficult to imagine |
| 11. I trust the guidance of my Higher Power and come to believe in my own capabilities.                                                                                                          | <input type="checkbox"/> I recognize this <input type="checkbox"/> Beginning to experience this <input type="checkbox"/> Difficult to imagine |
| 12. I gradually experience serenity, strength, and spiritual growth in my daily life.                                                                                                            | <input type="checkbox"/> I recognize this <input type="checkbox"/> Beginning to experience this <input type="checkbox"/> Difficult to imagine |

### Where Am I Seeing Recovery?

Which Promises do I recognize in my life? Which ones feel like they are beginning to develop?

**What changes have I noticed in myself or my relationships?**

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**Which Promise is difficult for me to imagine right now? What comes up for me?**

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### **Progress, Not Perfection**

Promise Twelve uses the word gradually. Recovery can unfold over time, and progress does not require perfection.

**Where can I recognize progress that I might otherwise overlook?**

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**How can I respond to setbacks with recovery rather than perfectionism?**

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### **Lucky Dip — My Promise**

**The Promise I received:** \_\_\_\_\_

**What do I feel about this Promise and these questions?**

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### **Overnight / Between-Sessions Reflection**

Choose one Promise to keep in mind before Session 2. It can be the one from your card, or another that speaks to you. No homework is required — just notice.

**Where does this Promise show up in my life?**

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**What feelings or resistance does it bring up?**

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**What might I notice differently before we meet again?**

# Session 2 — Living the Twelve Promises

## Welcome Back — Reflection

What did I notice about my Promise since Session 1?

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What surprised me? Did my understanding or feelings about the Promise change?

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## Connecting the Promises

A few examples: Promise Two + Five · Three + Ten · Four + Two · Eleven + Three · Twelve + Five.

Which two Promises seem connected for me? How might one support the other?

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## Use a Promise as a Recovery Tool

Choose a current or hypothetical situation. Which Promise might help me?

My situation: \_\_\_\_\_

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The Promise I want to use: \_\_\_\_\_

Write an affirmation that starts with your Promise's wording:

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## Write a question you could ask yourself in the moment (‘acting as-if’):

Use these questions to explore what practicing a Promise might look like in everyday life. There is no perfect answer.

- ☐ What would a person of courage, integrity, and dignity do in this situation?
- ☐ What can I do to be an equal partner?
- ☐ Am I behaving like an equal partner?
- ☐ What would a person with healthy self-esteem do?
- ☐ How can I communicate in a way that is safe for me and respectful of the other person?
- ☐ How can I express serenity, strength, and spiritual growth in this situation?

or create your own question...

☐ \_\_\_\_\_?

Write a one- or two-line prayer:

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## From Promise to Practice

One small way I will put this Promise into practice:

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## Carry One Promise Forward

**My Promise:** \_\_\_\_\_

**What it means to me:** \_\_\_\_\_

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**One action I can take:** \_\_\_\_\_

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**How I will notice progress:** \_\_\_\_\_

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## Closing

*“The Promise I am carrying forward is...”*

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