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Co-Dependents Anonymous (CoDA)

CoDA is a Twelve Step Fellowship of men and women whose common purpose is recovery from codependence. The only requirement for membership in CoDA is a desire for healthy and loving relationships.

Characteristics of Codependence

Co-Dependents often:

- Assume responsibility for other people's feelings.
- Are not aware of how they feel and cannot identify their feelings.
- Tend to minimize, alter, or even deny the truth about how they feel.
- Tend to fear or worry about how others may respond to their feelings.
- Bolster their self-esteem by trying to solve other people's problems.
- Look to other people to determine what to do, say or feel.
- Focus their attention on pleasing another person.
- Have difficulty acknowledging good things about themselves.
- Tend to judge everything they say or do harshly, by someone else's standards.
- Have difficulty in forming and/or maintaining close relationships with others.
- Have to feel needed in order to have a relationship with others.
- Do not know or believe that asking for help is both OK and normal.

Our local meeting is **CapeAnn CoDA** meeting ID# MA 212

To find our meeting on www.CoDA.ORG we are **MA 212**

The meeting is open to all and meets **Tuesday** evening at **7PM**

**West Gloucester Trinitarian Congregational Church , 488 Essex Avenue
(Route 133) West Gloucester. MA 01930**