Getting Through the God Stuff

—I Am the Dream and I Must Come True

2019 Face Everything and Recover Retreat
• “Spiritual” does not mean religious.
• You don’t have to have any spirituality to work the Steps. Spirituality is the result of working the Steps.
• Spirituality stops the codependent crazies, so it’s really worth working for.
• I have influence but no control.
• “God grant me the serenity...,”
• “Admitted to God...”
• “Humbly asked God...,”
• “as we remain open to God's will for us...,”
• “...to be that which God intended....”
The Four Ways I Play God

1) I think I’m all-seeing.
   I see everything that’s going on.

2) I think I’m all-knowing.
   I’m interpreting everything that’s going on correctly.

3) I think I’m all-wise.
   I have the solution, the one and only solution.

4) I think I’m all-powerful.
   I can convince others that I have the solution, and it’s my job to convince them.

All of these things are completely false
Honesty  - My way doesn’t work.
Openness   - I’ll keep an open mind.
Willingness - I’ll give it a try.
• The 12 Steps work for people who believe in God

• The 12 Steps work for people who do not believe in God

• The 12 Steps do not work for people who believe they are God.
“The point was, that in the beginning of our time in CoDA, we became willing to entertain the possibility that there was Something that could do for us what we could not do for ourselves.”

—Twelve-Steps Handbook, Step 2
Co-Dependents Anonymous
“Never attempt to teach a pig to sing; it wastes your time and it annoys the pig.”

— Robert Heinlein, *Time Enough for Love*
Higher Power #1
Higher Power #2
“...[one] that offers no judgment, [no] conditions...nor fosters abuse....--one that starts with and supports compassion.”

—Adapted from Co-NNections Weekly Readings, April 3, 2018
Donald B
“We discovered this power to be greater than our mistaken beliefs about who we were, greater than our distorted notions about God and greater than anything our human thinking could create.”

—*Twelve-Step Handbook, Step 3*  
*Codependents Anonymous*
“Working a Successful Twelve Step recovery program requires a desire to change, and a willingness to turn your life over to a Power greater than yourself.

But what do you do if you want to recover and are not too sure about God?”
Higher Power #3
FOG: Fear, Obligation, and Guilt
FOG: Fear, Obligation, and Guilt
Higher Power #4
“Allow time for your spirituality to develop. It unfolds by itself as a result of working the Steps.”

—*Newcomers Handbook*, Codependents Anonymous
“Look inside yourself. You are more than what you have become. Remember who you are.”
“I came to CoDA and I got a chair. ... That’s what happened. I came in and got a chair and I stayed. And what it’s like now is heaven on earth. I mean I have good boundaries today. Nothing in this world can knock me off my feet.”

—Michelle E., CoDA Convention 2014
Get These Recovery Resources from CoDA

Books:

- Codependents Anonymous, The basic text or “Big Book” of Codependence Anonymous
- CoDA Twelve Step and Twelve Tradition Workbook
- NEWCOMERS HANDBOOK,
- TOOLS OF RECOVERY,
- Sponsorship: What’s in it for Me?,
- Peeling the Onion,
- Communication in Recovery,
- Making Choices,
- Twelve Steps Handbook,
- BUILDING CODA COMMUNITY: HEALTHY MEETINGS MATTER,
- Common Threads of Codependency,
- EXPERIENCES WITH CROSSTALK,
- Establishing Boundaries in Recovery,
- CARRYING THE MESSAGE: LIVING THE TWELFTH STEP.

Audio CDs:

- Personal Sharing on the Twelve Steps,
- Codependency and Shame,
- Newcomers and Sponsorship.

CoDA Convention CDs:

VWTapes.com

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