Steps to Finding Me:
What I was like Then
What I am like Now

—I Am the Dream and I Must Come True

2019 Face Everything and Recover Retreat
Steps to finding me
why don’t you think?
Idiot

shut up I’ll give you something to cry about
If I want any shit you’ll come up on a shovel

slut

whore

The language I grew up with – my Mom had a way...
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Step One We admitted we were powerless over others - that our lives had become unmanageable.

Then- I thought I not only needed to control others, I felt it my responsibility to get you to do it my way.

Now - I recognize I cannot control other people, places, things or time.
**Steps to finding me**

**Step Two** - Came to believe that a power greater than ourselves could restore us to sanity

**Then** - I didn’t realize that my life was insane, that there was a power greater than me for me.

**Now** - I created a Higher Power that was kind, loving, caring – unlike the one I grew up with. I began to believe that my Higher Power was real.
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Step Three  Made a decision to turn our will and lives over to the care of God as we understood God.

Then  - I didn’t know that the God of my understanding existed, nor that I could trust in this God.

Now  - I believe in the God of my understanding, my Higher Power, and I trust the plan for me. My life has serenity and strength with the help of my Higher Power.
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Step Four - Made a decision to turn our will and lives over to the care of God as we understood God.

Then - I didn’t ever look at the harm I had done, nor the impact my choices had on others.

Now - I looked at my past, clearly, without excuses. I looked at the harm I caused. I didn’t die in doing so! I continue to do this Step, along with all the others!
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Step Five - Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

*Then* - I never told anyone about my wrongs; my motto was never let them see you sweat.

*Now* - I found the freedom that came with revealing myself to a trusted friend. This person didn’t judge me, cause me shame; they loved me and supported me in being honest and true to me. I used to believe that if you really knew me, you wouldn’t like me; she knew me, all of me, and she still liked me!
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**Step Six** - Were entirely ready to have God remove all these defects of character.

*Then* - I had no idea that the things that obviously weren’t working for me could end.

*Now* – I looked at my defects of Character that I revealed in Step Four; I was so ready to let them go! But how?
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Step Seven - Humbly asked God to remove our shortcomings.

Then - I didn’t realize the ability I had in being humble, that I could ask for help.

Now - I found I could have my defects of character removed; all I had to do was ask and pray for guidance and ask for help. I prayed for help from my Higher Power, and help from my sponsor as well as recovery friends.
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**Step Eight** - Made a list of all persons we had harmed and became willing to make amends to them all.

**Then** - I believed I was helping others by getting you to do it my way; saying sorry were just words to get you to do it my way.

**Now** - I listed those I had harmed, looking back to Step Four, as a reminder. I was at the top of the list, so I could remember what harm I had caused myself; it followed with all those others I had harmed.
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Step Nine - Made direct amends to such people wherever possible, except when to do so would injure them or others.

Then - I never said I was wrong. Me, wrong? You must be kidding.

Now - I found the power in saying I WAS WRONG. Those words are powerful, as they truly acknowledge I did something that caused harm to others. I did so without expectation of being forgiven. I continue to use these words – ‘I was wrong’ - in my life today. I find this to be so freeing! Who would have ever expected??
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Step 10 - Continued to take personal inventory and when we were wrong, promptly admitted it.

Then - I never reflected on my day except to see where I had failed to manipulate others and thoughts about how to change them.

Now – I check in most nights, look at what my day has been like, look at what I didn’t like, decide how to make amends or correct something.
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Step Eleven - Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Then - Prayer and meditation were not for me. The God I was raised with was too busy with people that had big issues to bother with me.

Now - I pray daily; although my kind of prayer may not be the same as others. I have conversation with my Higher Power. I tell him what is going on, ask for guidance, ask for support, ask for love. I meditate; not like others may, but I often use the time alone, in the quiet, to let my mind go quiet and just be still. It is in those quiet moments that I am restored.
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Step Twelve - . Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.

Then - A spiritual awakening; what was that? Something preached from some cult, for sure.

Now – I have a whole new understanding of what spiritual is. I do my best to live my program, live my foundation; when someone from my crazy past asks what changed, I can reveal the truth of my program, how my life has healed. And I share my experience, strength and hope in meetings and with others in recovery.
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Bringing it All Together: Who Am I Today?

I am so grateful to this program, to an angel that brought me to my first meeting, to all the people that have come to meetings to share their struggle, their progress, their hope for the future. Their sharing has helped me grow, learn, strengthen in ways I could never have imagined. I don’t know what my life would have been without recovery, but I know I would not have had this great life I am living. I have lived the past 30 years in what I consider a miracle. It is not always easy, it is sometimes painful, but it is always wonderful to know I am okay as me.

Thank you everyone for helping me on this path.
Steps to finding me

Bringing it All Together: HOW TO DO THIS?

1. Get a CoDA Sponsor
2. Work the Steps & Traditions with him/her
3. Learn how to share and share share share!
4. Find and engage a HP of your choice
5. Engage In Service Work
6. Enjoy your recovery & pass it on
7. Repeat all of the above as often as possible
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
Retreat Presentation CDs: WhiteSoundStudios.com

New items:
1 - The Relationship Toolkit
2 - Traditionallly Speaking

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