Parenting in CoDA:

Using Recovery Program Concepts
In Healthy Parenting

—Metaleen T.
Granite Falls, NC

I Am the Dream and
I Must Come True

2019 Face Everything and Recover Retreat
Healthy parenting tools...

Are crucial if you are parenting children.

But these same tools are effective in relationships with...
Healthy parenting tools with...

• “parenting” your own parents
• “re-parenting” yourself
• Relating to everyone else
Codependency is immaturity

Caused by...

As defined by Pie Mellody
Child Abuse

As defined by Pie Mellody

Resulting in...
• Low self-esteem (no sense of self)
• Inability to set boundaries
• Lack of self knowledge
• Dependency
• Inability to handle daily life
• Impulsivity
• Misplaced loyalty
• People pleasing
• Insecure parenting styles
• Multiple addictive behaviors
Good feelings about ourselves (self value)

Self-esteem vs. other-esteem

External (other-esteem) sources, such as:
- How we look
- How much money we make
- Who we know
- What kind of car we drive
- What kind of job we have
- How our children perform
- How important our spouse is
- What degrees we have
Let’s not pass these characteristics on to our children (or use them on our parents) by using healthy parenting skills.
Adult in size & years...  But inside...still a child
So “children” are parenting children
Break codependent patterns (using the 12-Step of CoDA & working the program)

- Get a healthy self-esteem
- Set healthy boundaries
- Develop your own personhood (self)
- Become interdependent
- Learn to act, not react (over react)
Give up codependent patterns (using the 12-Step of CoDA & working the program)

Issues like...

- Control
- Boundaries
- Caretaking
- Abandonment
- Shame & Blame
- Feelings
- Self-esteem vs. other esteem
- Being responsible for others
Basics of Coda
Applied to parenting (children or parents)

• We can’t/shouldn’t control our children
• Be responsible for ourselves (not others)
• Observe/set boundaries
• Detach when it’s outside your “hula hoop”
• Work the 12-Steps with our children (including the 9th Step)
• “We don’t know what we don’t know” (neither do children)
Quiz
Some healthy parenting skills

- Know the “age & stages” of your children (child development)
- Know the expectations of the elderly (ages & stages)
- Use observation skills (reality check)
- Manage behaviors (discipline)
- Use life’s learning experiences
- Use language/communication to enhance thinking & reasoning
Using CoDA tenants with our children, parents, & others

• Never try to control others
• Don’t assume responsibility for others (if over 18)
• Set & use boundaries (if...then...)
• Use detachment when outside our “hula hoop”
• Always be emotionally present
• Eliminate shame & blame
• Acknowledge feelings
• Eliminate all expectations
• Allow honesty & trustworthiness
Using CoDA meeting tenants with our children, parents, & others

Apply the 12 Steps:
1. We are powerless over our children/parents
2. A Power/skills can ....bring sanity
3. Decided to try (turn our will over)
4. Inventory (old doesn’t work)
5. Admitted to others (no secrets)
6. Got ready to give up dysfunctional ways
7. Stopped using dysfunctional methods
8. List people/children we had harmed
9. Make amends
10. Continued parenting inventory
11. Sought to change our ways
12. Shared this new approach with others

- Apply the CoDA promises
- “Sponsor” your child/parent
- No crosstalk (listen to, no advice, etc.)
- Discuss like at meetings (everyone can share)
- Give lots of hugs
- Make decisions using the “group inventory” method (everyone has a say)
- Have group conscious sessions often (family meetings)
Use program Slogans
With your children/parents

• This too shall pass
• Progress not Perfection
• Live and Let Live
• Parenting is a “we” program (get lots of help)
• Just for Today...
• It works if you work it; it won’t if you don’t
• You don’t know what you don’t know
• Easy Does It
• Work the Steps - Trust the process
• Acceptance is the answer to all my problems

• Keep it Simple
• An expectation is a premeditated resentment
• When I give up control, I gain power
• All agony stems from self will
• That which we resist, persist
• Etc.
“Your children are not your children.
They are the sons and daughters of Life's longing for itself.
They come through you but not from you.
And though they are with you, they belong not to you.
You may give them your love but not your thoughts.
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow,
Which you cannot visit, not even in your dreams.
You may strive to be like them, but seek not to make them like you.

For life goes not backward nor tarries with yesterday.
You are the bows from which your children as living arrows are sent forth.
The archer sees the mark upon the path of the infinite.
And He bends you with His might that His arrows may go swift and far.
Let your bending in the archer's hands be for happiness;
For even as He loves the arrow that flies,
So He loves the bow that is stable.”
Q & A
Serenity Prayer for Parents

• God, grant me the serenity to accept my children's age-appropriate behaviors...
  • The courage to provide healthy boundaries and logical consequences...
  • And the wisdom to know when to let go.

By Katherine F. of the Hickory Area Recovery Community
Parenting Resources

On the Literature Table & Retreat Website

- Let Kids Be Kids (handout)
- Just for Today...for Parent (handout)
- Spanking/Punishment (handout)
- Kahlil Gibran, On Children (handout)
- The Parent Promises (handout)
- Serenity Prayer for Parent (handout)
- Child’s Bill of Rights (handout)
- Expectations & Facts About The Elderly (handout)

- Packer, Alex J., *Parenting One Day At A Time*, Hezelden, 1996
- Joy, Barbara., *Easy Does It, Mom; Parenting in Recovery*, Conari Press, 2009
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

Find Them At WWW.CODA.ORG

CoDA Convention CDs: VWTapes.com
Retreat Presentation CDs: WhiteSoundStudios.com

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