CONGRATULATIONS AND FELICIDADES

DESERT CODA COMMUNITY HAS IT'S FIRST EVER SPANISH SPEAKING CoDA MEETING! SEE MEETING SCHEDULE ON REVERSE FOR TIME AND LOCATION. CONTACT *LUPE 760-625-7324 * Para informacion en ESPAÑOL *

CODEPENDENT RELATIONSHIP CHARACTERISTICS	AUTHENTIC RELATIONSHIP CHARACTERISTICS
Due to my dysfunctional upbringing, I gravitate toward emotionally unavailable, needy partners who will likely be addicted to drugs, alcohol, gambling, sex, etc.	I am attracted to your ideas, thoughts, personality, sense of humor, the way you present yourself, and our common interests.
I accept sex when I really want affection. I'm afraid you won't stay around if I don't give you what you want.	Because I am in recovery, I no longer rush into relationships. I want to develop a friendship first, before taking the relationship to the next level.
I fear being abandoned by you because, as a child, someone I loved abandoned me. I'm afraid of being alone.	I realize I am an adult, capable of taking care of my needs. I can never really be abandoned. My Higher Power guides me.
I am jealous, possessive, and controlling. I listen to your phone conversations, read your email, go through your pockets, I don't trust you.	I turn my will and my life over to a Power greater than I. I no longer have to be in charge. I trust whatever happens, I trust my Higher Power.
I am addicted to the drama and chaos in our relationship. It reminds me of growing up in my family of origin. When things are going well, I am waiting for the other shoe to drop.	We share love and happiness. We value and appreciate the peaceful times in our lives.
	Peeling The Onion Pg 24&25

Committees are beginning to be formed for the 2012 SoCal CoDA Conference. Come get involved!

Service Positions now open:

Hospital, Institutions and Outreach Committee or H&I

Gary heads up H&I and is seeking volunteers to take CoDA to those otherwise unable to attend meetings . 408.234.4582

General Service Representatives or GSR

This position is for a representative from the meeting level to attend the Community Group Business Meetings, the representatives bring information/concerns from their home group to the community level. They have a voice in the leadership of CoDA as a whole, the GSR gets to vote on issues affecting our common welfare.

Functions Committee

This committee is comprised of a chairman and many members to plan speaker and other special events. We draw from volunteers - typically they are guests in attendance at the Desert CoDA Community Group business meeting.

Guest in attendance

You don't have to be a committee member to attend the business meetings; all are welcome to attend and it is a good way to find a committee needing volunteers to fill service positions. Next business meeting: August 20, 2011, Eisenhower Hospital Rancho Mirage. It is right after the weekly scheduled 10 a.m. Saturday discussion meeting of Codependents Anonymous.

Desert CoDA Community Group Info:

- The Desert CoDA Community Group business meeting meets 3rd Saturday each month
- Join us at the next meeting; August 20, 2011 from 11:45 A.M. to 1:00 P.M.
- In the Pattis Educational Center Eisenhower Hospital Basement

Newsletter Editor: Kaththe. Submit articles and inquiries to her: **Fenderoa@gmail.com**

PATTERNS AND CHARACTERISTICS OF CODEPENDENTS

Denial Patterns

Codependents:

- Have difficulty identifying feelings.
- Minimize, alter or deny their feelings,
- Perceive themselves as being completely unselfish, dedicated to the well-being of others.
- Do not recognize the unavailability of those to whom they are attracted.

Low Self-Esteem Patterns

Codependents:

- Have difficulty making decisions.
- Judge their thoughts, words and actions harshly, as never being good enough.
- Are embarrassed to receive recognition, praise or gifts
- Are unable to ask others to meet their needs or wants.
- Value other people's approval of their thoughts feelings and behaviors over self-approval.
- Have trouble setting healthy priorities.

Compliance Patterns

Codependents:

- Compromise their values and integrity to avoid rejection and other people's anger.
- Are very sensitive to others' feelings and assume the same feelings.
- Are extremely loyal, remaining in harmful situations too long.
- Place a higher value on others' opinions and feelings and are too afraid to express differing viewpoints or feelings.
- Put aside personal interests and hobbies to do what others want.
- Accept sex as a substitute for love.

Control Patterns

Codependents:

- Believe most others are incapable of taking care of themselves.
- Attempt to convince others what they should think and feel
- Become resentful when others refuse their offers of help.
- Freely offer advice and guidance without being asked.
- Lavish gifts and favors on those they care about.
- Use sex to gain approval and acceptance.
- Have to be needed in order to have a relationship with others.

Avoidance Patterns

Codependents:

- Act in ways that invite others to reject, shame, or express anger toward them
- Judge harshly what others think, say or do.
- Suppress their feelings or needs to avoid feeling vulnerable.
- Pull people toward them, but when they get too close, they push them away.

AUTHENTICITY: HOW DO WE BECOME OUR AUTHENTIC SELVES?

IT IS NOT ENOUGH TO TELL OURSELVES, "STOP PRACTICING CODEPENDENT BEHAVIOR," OR "STOP ACTING CODEPENDENTLY." IT SEEMS SO VAGUE.

WE WANT TO KNOW EXACTLY WHAT TO DO. HOW DO WE CARE WITHOUT CROSSING THE LINE INTO CARETAKING?

WE HAVE TO STOP ATTEMPTING TO EXERT POWER OVER OTHER PEOPLE OR WISHING ANOTHER PERSON WOULD CHANGE SO WE COULD BE HAPPY.

WE ALSO NEED TO BE AWARE OF PASSIVE ATTEMPTS TO CONTROL, SUCH AS BEING A MARTYR, INCLUDING GUILT, MANIPULATING OTHERS, OR ALLOWING OTHERS TO MISTREAT US.

TO BE TRUE TO OURSELVES, WE LOOK INSIDE TO FIND OUR ANSWERS. WE TURN TO OUR HIGHER POWER. BY TRUSTING THAT WE WILL BE TAKEN CARE OF, WE BEGIN TO HEAL. WE FIND OUR AUTHENTIC SELVES.

Common Threads of Codependency pg 20

MEETING LIST

Monday—Palm Desert

*6:00 A.M.–7:00 A.M. — Women's Group
Hope Lutheran Church
45900 Portola Ave.
Contact: Katie 760.773.5345

*5:45 P.M.—6:15 P.M. — Q & A Beginner's Meeting
Saint Margaret's Church
Contact: Corrine 415.755.8295

*6:30 P.M.—8:00 P.M. — Open /Discussion
Saint Margaret's Church
47535 Hwy 74.
Contact: Corrine 415.755.8295

Monday - Cathedral City

*7:00 P.M.-8:00 P.M. — Winners, Not Whiners
27620 Landau Blvd. Ste 3
Contact: Cindy S. 951.415.4627

Tuesday—Palm Desert

*6:00 —7:00 A.M. — Men's Stag Step/Discussion
Keedys Fountain Grill
73-633 Hwy 111
Contact :Tim 760.831.7481

Wednesday—Morongo Valley

*9:00 A.M—10:00 A.M. — Morongo Valley Social Club
49840 Highway 62.
Contact: Gail 760.808.4975

Wednesday—Palm Desert

*9:30 A.M.—10:30 A.M. — "Shine Your Light"
College Recovery Community
43-725 Monterey Ave. Ste. G
Contact : Mary Beth 760.766.5141

*7:00 P.M.-8:00 P.M. — Spanish/Discussion
College Recovery Community
43-725 Monterey Ave. Ste. G
Contact: Lupe 760.625.7324

Wednesday—Palm Springs

*6:30 P.M. to 7:30 P.M. — Gay/Lesbian/Bisexual/Transgender Questioning
Golden Rainbow Senior Center.
611 S. Palm Canyon Upstairs
Ste 201
Contact: 760.416.7790

Thursday—Palm Desert

*6:00 A.M.—7:00 A.M. — Men's Stag Discussion
Keedys Fountain Grill
73-633 Hwy 111
Contact: Don 760.702.4486

Thursday—Palm Springs

*6:00 P.M.—7:00 P.M. — "Peeling the Onion Palm Springs"
502 N. Cerritos
Contact : George 760.992.9235

Friday—Palm Desert

*8:00-9:00 A.M. — Peeling the Onion
College Recovery Community
43-725 Monterey Ave. Ste. G
Contact : Mary Beth 760.766.5141

Saturday—Rancho Mirage

*10:00 A.M.– 11:30 A.M. — Open/Discussion
Eisenhower Medical Center.
39000 Bob Hope Dr
Pettis Educational Center
In the basement

29 Palms Area

*Varies (call for times and locations) — Forever CoDA
Contact: Carolee 760.362.4060 h
760.819.1015 c