

MEETING LIST



Desert Area Codependents Anonymous Community Group Newsletter

June 2011

The 12 Promises of Co-Dependents Anonymous

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions...

1. I know a new sense of belonging. The feelings of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt and regret about my past and present, I am aware enough not to repeat it.
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible for me to mend—to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust the guidance I receive from my Higher Power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.

Desert CoDA Community Group Info:

**2011 SoCal Regional Coda
Conference June 17, 18, 19.
Online Registration
WWW.Socalcoda.org
Los Angeles Hilton
6161 W. Centinela Ave
Culver City, CA 90301**

- Join us for the DCCG business meetings—see how you can be of service!
- 3rd Saturday monthly
- 11:45 A.M.—1:00 P.M.
- Pattis Educational Center
Eisenhower Hospital
Newsletter Editor: Kaththe
Fenderoa@aol.com

Monday Palm Desert

*6:00 A.M. Women's Group
Hope Lutheran Church
45900 Portola Ave.

*5:45 P.M.—6:15 P.M. Q & A
Beginner's Meeting
Contact: Corrine 415.755.8295
*6:30 P.M.—8:00 P.M.
St. Margaret's Church
47535 Hwy 74.

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

Wednesday Morongo Valley

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

Wednesday Palm Desert

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

*7:00 P.M.—8:00 P.M.
Spanish Speaking/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.
Golden Rainbow Senior Ctr.
611 S. Palm Canyon Upstairs Ste 201
Gay/Lesbian/Bisexual/Transgender
Contact: 760.416.7790

Thursday Palm Desert

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

Thursday Palm Springs

*6:00 P.M.—7:00 P.M.
502 N. Cerritos
"Peeling the Onion Palm Springs"
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
Mary Beth 760-766-5141

Saturday Rancho Mirage

*10:00 A.M.—11:30 A.M.
Eisenhower Medical Center.
Pettis Educational Center
In the basement/Discussion

29 Palms Area

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

What is Codependence?

PATTERNS AND CHARACTERISTICS OF CODEPENDENCE

At our first meeting many of us learn about the patterns and characteristics of codependent behavior. We consider these characteristics in determining what unhealthy patterns weave in and out of our lives. Do we live in extremes instead of balance? Do we, our mates, children and friends suffer because of our behavior? Do we suffer because of another's behavior? In an effort to pull others toward us do we end up pushing them away? Do we attempt to fix other's problems, leaving our needs last? The answers to these questions might lead us to admit, "I am codependent and I need help," welcome, for with those words, you have put your foot on the path to recovery from codependence.

Adapted from Codependents Anonymous Page 3

STEP THREE

Made a decision to turn our will and our lives over to the care of God as we understood God.

In this step we are deciding to live our life with God's help. We each have a life to live.

We make a conscious decision to place our lives, our kids lives, our turmoil, and our circumstances in the care of God.

We take responsibility for our lives and allow others to do the same for themselves.

BEGINNING THE JOURNEY OF RECOVERY FROM CODEPENDENCE

In our codependence we excessively place our faith and hope in others, ourselves and even our careers. We do this for our safety, value, worth and well-being.

In recovery, we learn to build faith and hope, and progressively surrender our lives to the care of a loving Higher Power. We learn to let go of our controlling and avoidance behaviors, to resolve our feelings of overwhelming tiredness, depression, anxiety, despair, hopelessness and to emotionally detach from those on whom we compulsively rely.

As we continue to strengthen our relationship with our Higher Power, we begin to feel more assured that our deepest needs will be cared for. We don't turn as often to other people or to unhealthy choices to satisfy our spiritual hunger.

Tradition Six:

A CoDA group ought never endorse, finance or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim.

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.