

MEETING LIST

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 Meeting

*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 Indio

*7:30 P.M.—9:00 P.M.
ABC Club 44374 Palm St.

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

*9:00am-10:00am
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 Kaththe: 760.880.7121

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 Center
43-725 Monterey Av # G

Saturday Rancho Mirage

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

29 Palms Area

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



Desert Area Codependents Anonymous Community Group Newsletter

April 2011

Members Share

When I first came to CODA, I felt hopeless and helpless. I was feeling overwhelming shame, guilt, rage and helplessness. My main codependent patterns were passive controlling patterns. People pleasing, emotional caretaking. Allowing people to abuse me and feeling guilty and shame about me. Believing I am responsible for everybody's pain. Victim was my identity. Today I no longer identify as a victim. I am a precious creation of Higher Power just like anybody else. "No" was not in my vocabulary before recovery. More I learn to say no without guilt or shame, more I am able to say yes to what I need and want. More I approve myself, more free I become of my controlling behavior and dependency on others. Paradoxically, I have much healthier and loving relationship with my husband, my family and friends. I am no longer afraid to feel and own the feelings. Well, all those gifts and assets has come true because of the Higher Power within and out, program and fellowship and also my doing the work. I am looking forward to more recovery and discovery of myself, others and life and Higher Power's miracle
Kazu

Codependents have difficulty identifying what they are feeling.

As a child I cried as much as any child I suppose. Until we humans develop, mature and gain perspective, stuff is scary. As infants our primitive expression is crying; when hungry, for warmth and affection, out of fear, and discomfort – we have a small range of expression. Crying. This is annoying to others generally, and others are quick to sooth with comments ranging from – There is nothing to cry about, That is stupid to cry, Stop crying you big baby, What are you crying about? Don't be sad, up to: Stop crying or I'll give you something to cry about. These messages told me that what I was feeling and my reaction to that feeling were wrong. I learned to hide my feelings, deny and alter my feelings to escape ridicule. I distrusted my reactions to feelings. Those feelings just got me in trouble, and brought criticism on me. Conversely I could get affection and approval if I agreed and got along with others, not pout and be a good girl. Pretty quickly I figured out where the harmony could be found – in losing myself. With much discord in my family life I sought change by changing me and my reactions. It helped me cope. I took on the opinions of those around me to avert conflict; I stifled any disagreement I might have welling up in me for the sake of peace. I lost touch with my authentic self.
In CoDA I am told that I am powerless over others, the exclusive power I have is to change me. So just as I changed me to fit in so long ago, I am changing again, this time for my approval. Thanks CoDA! *Anonymous*

CoDA Community Group Info:

- Meets 3rd Sat. monthly
 - 11:45 A.M.—1:00 P.M.
 - Pattis Educational Center (In the basement of Eisenhower Hospital)
 - David @ (760) 668-5913
- Submit Newsletter articles to your Group Representative, or email Kaththe: Fenderoa@aol.com

What is Codependence?
Many of us struggle with the questions:

Perhaps some of these thoughts are yours ...

- “If she changed, everything would be alright”
- “I can’t control this pain, these people and what’s happening.”
- “It’s all my fault.”
- “I keep getting into the same bad relationships.”
- “I feel so empty and lost.”
- “Who am I?”
- “What’s wrong with me?”

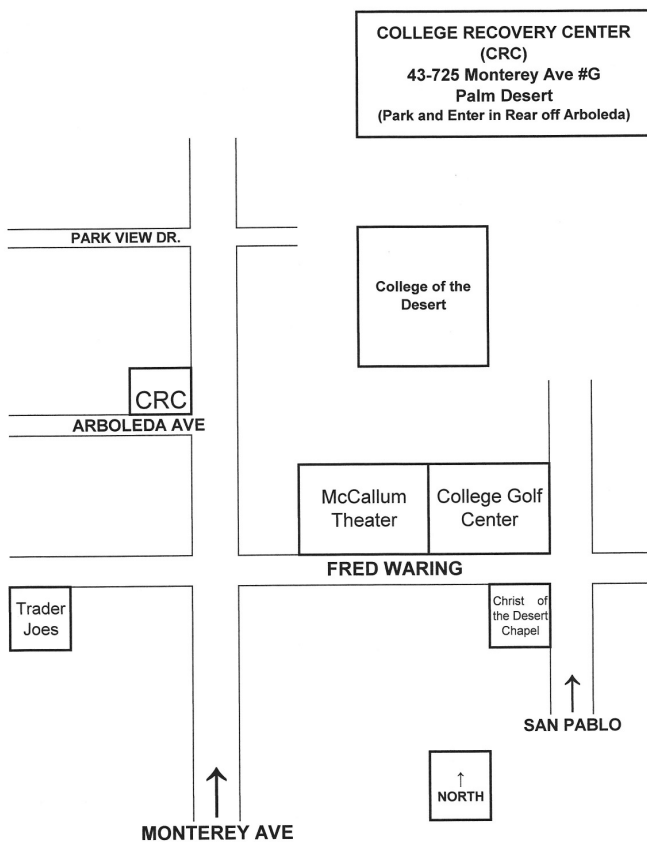
Our sadness and loss bring us here. We want change and we want it now. We want to escape our misery. We want to feel good about ourselves and live abundant, fulfilling lives. We want happy, healthy relationships.

Codependents Anonymous Page 1

Step Four:

Made a searching and fearless moral inventory of ourselves

**NEW CODA MEETING IN PALM DESERT AT CRC
 COLLEGE RECOVERY COMMUNITY
 ACROSS FROM C.O.D.
 WEDNESDAY MORNING 9:30-10:30**



PEELING THE ONION 8-9 AM FRIDAY IS MOVING TO CRC COLLEGE RECOVERY COMMUNITY CENTER ON THE CORNER OF MONTEREY AVE AND ARBOLEDA PALM DESERT. APRIL 15TH MEETING WILL BE @ CRC EVER AFTER AS SUMMER HEATS UP.

These are some of the patterns and characteristics of codependence

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.