

OCTOBER 2011



STEP TEN: Continued to take personal inventory and when we were wrong, promptly admitted it.

As part of our daily maintenance program, practicing Step Ten helps us to maintain daily accountability, health and continued growth in all areas.

In recovery we strive to change our unhealthy, inappropriate behaviors, and Step Ten helps us to remain focused on that goal. Continuing to take our personal inventory keeps us ready to change our behaviors. CO-DEPENDENTS ANONYMOUS P. 65

My CoDA personal inventory and goal checklist for 8 days of the week.

For today, I will not offer advice and directions without being asked.

For today, I will identify and name the feeling that bothers me in the moment I feel it.

For today, I will make one decision without shilly-shallying.

For today, if I am about to lavish gifts, favors, or praise on someone, I will check my motives:

Am I seeking approval? Affection? Recognition? Am I seeking gifts in return? Are there strings attached?

For today, I will not focus on the calamitous lives of others to distract me from my own life's calamity.

For today, if asked, I will speak my truth even though it may not agree with what others are saying.

For today, I give myself permission to grow in my recovery and awareness of my part in my interactions with those around me, into the person God intended me to be; precious and free.

For today, I will allow others to be themselves without:

i) Over reacting. ii) Taking it personally. iii) Giving advice. iv) Taking charge of another's responsibility. *Editor*

Community Group Representative

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 CGR gets to vote on issues affecting our common welfare and CoDA as a whole.

Functions Committee

This committee is comprised of a chairman and many members who plan speaker meetings and other special events. The committee is comprised of volunteers - typically guests in attendance at the Desert CoDA Community Group business meeting (October 15, 2011) are quick to sign on.

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: September 17, 2011, Eisenhower Hospital Rancho Mirage. It is right after the weekly scheduled 10 a.m. Saturday discussion meeting of Codependents Anonymous.

Hospitals and Institutions

H&I takes meetings to those who cannot get to meetings because generally speaking they are in one or the other. If you are interested in this service opportunity, come to the business meeting on October 15th at Eisenhower Hospital to find out more.

Desert CoDA Community Group Meeting Info:

- The Desert CoDA Community Group business meeting meets 3rd Saturday each month
- Join us at the next meeting; October 15, 2011 from 11:45 A.M. to 1:00 P.M.
- In the Pattis Educational Center Eisenhower Hospital Basement
- **Website: Desertcoda.org**

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

PATTERNS AND CHARACTERISTICS OF CODEPENDENTS

Denial Patterns

Codependents:

- Have difficulty identifying feelings.
- Minimize, alter or deny their feelings.
- Use humor, anger, or isolation to mask their pain.
- 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's approval of their thinking, feelings and behaviors over their own.
- Do not perceive themselves as lovable or worthwhile persons.

Compliance Patterns

Codependents:

- Compromise their values 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.
- Put aside personal interests and hobbies to do what others want.
- Accept sex as a substitute for love.

Control Patterns

Codependents:

- 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
- Suppress their feelings or needs to avoid feeling vulnerable.
- Pull people toward them, but when they get too close, they push them away.
- Compulsively focus on others to avoid self-examination.

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: Corine 415.755.8295

*6:30 P.M. – 8:00 P.M.

Open /Discussion
Saint Margaret's Church
47535 Hwy 74.

Contact: Corine 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 A.M. – 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. – 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 A.M. – 9:00 A.M.

Peeling the Onion
College Recovery Community
43-725 Monterey Ave. Ste. G

Contact: Richard 541.941.4047

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

