

**Work It; You Are Worth It**  
Online CoDA meeting  
Thursdays – 7:00 pm – 8:30 pm EST

**Opening Section**

1. Good evening and welcome to the Work It: You Are Worth It Meeting of Codependents Anonymous. My name is \_\_\_\_\_ and I am a codependent. I am your meeting leader tonight. CoDA asks those with cell phones to turn them off or to silence the ringing for the duration of the meeting, so we can keep our focus on the meeting without interruptions.
2. Please help me open this meeting with a moment of silence followed by the...

**The CoDA Opening Prayer ©**

In the spirit of love and truth, we ask our Higher Power to guide us as we share our experience, strength, and hope. We open our hearts to the light of wisdom, the warmth of love, and the joy of acceptance.

**The Serenity Prayer**

God, grant me the Serenity  
To accept the things, I cannot change.  
Courage to change the things I can.  
and Wisdom to know the difference.  
Grant me Patience with the changes that take time.  
Appreciation of all that I have  
Tolerance of those with different struggles, and  
the Strength to get up and try again One Day at a Time.

3. The group meeting leader reads the CoDA Preamble, as written:  
Co-Dependents Anonymous is a fellowship of people whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery -- learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors. We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege. This renewal process is a gift of healing for us. By actively working on the program of Codependents Anonymous, we can each realize a new joy, acceptance, and serenity in our lives.
4. Have someone read the following:
  - Welcome (short version)
  - Twelve Steps

**Announcements Section**

1. Our topic portion of the meeting will run from 7:00 to 8:00 pm EST and the open discussion will run from 8:00 – 8:30 pm EST.
2. Sponsors are CoDA members committed to living the Twelve Steps to the best of their ability. Sponsors share their program up to the level of their own experience, and they strengthen their recovery through this service to others. Sponsors do significantly change the process of your recovery, to find a sponsor to look for someone who has what you want and ask how they are achieving it. Accountability partners are unique to this program and ARE crucial to our success. They are friends who will support you through this journey and individuals who you can reach out to when you find yourself in a codependent spiral.
3. To make outreach easier, this meeting offers a phone list of individuals who are available to take outreach calls or are available as sponsors. The phone list is voluntary and should not be provided to anyone who does not attend this meeting. The call list will include your first name and last initial, phone number, time zone, if a text should be sent before someone calls, if you are a sponsor, and whether you are available to sponsor. If you would like to be added to the call list, please provide your information to Dawn R, Ashlea M or Mel S. Please Note: The individuals on this list are working on a program on how to exercise healthy boundaries. So, if an individual does not answer, it has nothing to do with you; they just might be unavailable, and you should move on to another name on the list. This is another example of how the program is not one and done.
4. As another resource, the website Work It; You Are Worth It ([www.workityouareworthit.com](http://www.workityouareworthit.com)) is available. On the site, you will find the zoom link for the meeting, the outline for the meeting, and all the materials used in this meeting. In addition, you will find links to our social media accounts, YouTube channel, and the 3 most recent podcasts.

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5. Our Seventh Tradition reminds us that we are self-supporting through our own contributions. Donations are used to cover the cost of Zoom and the continuation of the Work It; You Are Worth It podcast.

PayPal – [paypal.me/dawnroush0103](https://paypal.me/dawnroush0103)  
Venmo – @Dawn-Roush-2  
Cash App - \$DawnRoush  
Zelle – [dawnelizabeth@hotmail.com](mailto:dawnelizabeth@hotmail.com)

**Program Section**

1. Read the CoDA Guide to Sharing and Crosstalk guidelines:

**CoDA Guide to Sharing**

As we pursue our recovery, it is important for each of us to speak as we are able. Many of us find speaking among others, especially strangers, a difficult task. We encourage people to begin slowly and carefully. It is the intention of every CoDA member and group not to ridicule or embarrass anyone. Nothing that is shared is unimportant or stupid. The sharing of our experiences is best done with “I” statements. “Crosstalk” and “feedback” are discouraged.

**What is “Crosstalk”?**

Crosstalk can be giving unsolicited feedback, advice-giving, answering, making you and we statements, interrogating, debating, criticizing, controlling, or dominating. It may also include minimizing another person’s feeling or experiences, in our meetings we speak about our own experiences, and we listen without commenting to others’ share. We work toward taking responsibility in our own lives.

In this meeting, we encourage productive discussion. Productive discussion is considered asking questions to create thought provoking mindset, while remembering the crosstalk guidelines. If the situation is off topic, we will ask for the responses to be held until the open discussion of the meeting.

The Crosstalk guidelines are meant to keep our meeting a safe place.

2. Experience has shown that it is more productive to discuss solutions rather than problems. If we share the positives and solutions, by focusing on the program, we are more likely to leave the meeting feeling optimistic and hopeful. In this meeting, we encourage individuals to keep their shares on topic and focus on working recovery.
4. During the topic portion of the meeting, we do not use a timer; we just ask you to be mindful of others’ opportunity to share and keep your shares to 5 min or less.
5. This topic for this week is \_\_\_\_\_. We will now open the meeting to allow individuals to share their experience, strength, and hope.

**As close to 8:00 pm, the meeting Leader should read:**

At this point in the meeting, we will move to the open discussion portion of the meeting. For those with their hands up, we will allow you to share first.

**Closing Section – Start at 8:25 pm**

1. As we bring this meeting to a close, I would like to remind you that CoDA is an anonymous program. We ask that you respect the anonymity and confidentiality of each person in this meeting. We ask who you see here, what is said here, when you leave here, let it stay here.
2. Don't forget to check out the Work It; You Are Worth It podcast, which is available on all streaming platforms. If you are interested in joining us on the podcast, contact Dawn R, Ashlea M, Mel S or reach out via the Work It; website.
3. Would someone be willing to read the Twelve Promises of Co-Dependents Anonymous?
4. Thanks to those who read and who do service at this meeting. Is there anyone interested in doing service by leading next week’s meeting?

**The CoDA Closing Prayer ©**

We thank our Higher Power for all that we have received from the meeting. As we close, may we take with us the wisdom, love, acceptance, and hope of recovery.

Keep coming back,  
It Works if you work it,

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and  
Work it; You are worth it.