



DECEMBER 8, 2018

1. Back to Basics

Where: First Christian Church, 701 Franklin St SE, Olympia, WA 98501

Time: 8:00 am – 4:00 pm

Breakfast: Continental breakfast provided with coffee, tea

Lunch: Bring sack lunch

The Twelve Steps© of Co-Dependents Anonymous

1. We admitted we were powerless over others - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Guiding you
through the 12
Steps**

A powerful tool
for newcomers
and experienced
CoDA members

**How to take
the 12 steps in
one day**

**Join others in
recovery**

**It works – it
really does**

