# Co-Dependents Anonymous (CoDA)

A Twelve Step Fellowship of men and women whose common purpose is
a desire to develop and maintain *healthy relationships*

## Characteristics of codependency

# Codependents typically:

- Assume responsibility for other people's feelings
- Are not aware of how they feel and cannot identify their feelings
- Tend to minimize, alter or even deny the truth about how they feel
- Tend to fear or worry about how others may respond to their feelings
- Bolster their self-esteem by trying to solve other people's problems
- Look to other people to determine what to do, say or feel
- Focus their attention on pleasing another person
- Have difficulty acknowledging good things about themselves
- Tend to judge everything they say or do harshly, by someone else's standards
- Have difficulty in forming and/or maintaining close relationships with others
- Have to feel needed in order to have a relationship with others
- Do not know or believe that asking for help is both OK and normal

For a meeting list, send a self-addressed stamped envelope (SASE) to:
CoDA Intergroup, Inc., PO Box 126, Littleton, MA 01460

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