

CoDA Tools of Recovery

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Breaking the Cycle of Isolation

- asking for help
- phone list
- e-mail
- CoDA and NECoDA web sites
- online meetings
- telephone meetings
- sponsorship
- literature

Stress Busters

- stay positive
- slow down (to the speed of life)
- take care of yourself (self-care)
- live in the present

Meetings

- meetings
- home group
- sharing
- anonymity
- listening
- slogans

Relationship Building

- "I" messages
- boundaries
- detachment
- making choices

Gaining Insight

- journaling
- writing letters
- the twelve steps
- positive thinking
- forgiveness
- humor
- inventory taking (my own)

Spirituality

- gratitude lists
- meditation
- prayer
- Higher Power
- the twelve promises

Service

- business meetings
- service work
- seventh tradition
- the twelve traditions

Affirmations

Also...

- see the "Tools of Recovery" booklet
- remember to breathe
- remember God loves you

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.

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