

**CoDA-Tulsa – Melody Beattie “Codependents Guide to the 12 Steps”**

**STEP 1, Exercise 1**

**“...We admitted we were powerless over others – than our lives had becomes unmanageable...”**

1. Have you been trying to exert power or influence where you may, in reality, have none? Have you been trying to control someone or something, trying harder and harder with less and less beneficial results?

**WHAT** have you been trying to control?

**WHO** have you been trying to control?

**RESULTS?**

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**STEP 1, Exercise 2**

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2. Who or what in your life is making you feel crazy & causing you stress? Whom do you feel victimized by? Who do you feel is now controlling you, your emotions, or some other area of your life? What situations, feelings, or realities have you been running from, denying or avoiding?

**WHAT is making you crazy? Causing you stress?**

**WHO do you feel victimized by? Who is controlling you, your emotions or some other area of your life?**

**WHAT have you been running from, denying, or avoiding?**

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**STEP 1, Exercise 3**

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3. What would you have to face in your own life if you stopped trying to control someone or something? What might happen if you stopped allowing someone or something to control you?

**WHAT would you have to face if you stopped trying to control?**

**WHAT might happen?**

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**STEP 1, Exercise 4**

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4. What are some areas in your life that may reflect unmanageability? What is your current condition in these areas: emotions, finances, spirituality, physical health, and career? What are you doing for fun, pleasure and enjoyment?

**What in your life may reflect unmanageability?**

**Emotions**

**Finances**

**Spirituality**

**Physical Health**

**Career**

**Doing for FUN.**

**Doing for PLEASURE.**

**Doing for ENJOYMENT.**

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**STEP 1, Exercise 5**

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5. What is the current state of your relationships with these people: Family, Friends, and Co-Workers? Do you have any relationships, or are you feeling alone and isolated?

**Family?**

**Friends?**

**Co-Workers?**

**Relationships you have.**

**Are you feeling alone or isolated?**

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**STEP 1, Exercise 6**

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6. Does your mind feel clear and consistent? Who are you holding responsible for your emotions, finances, and health? Who are you holding responsible for the state of your relationships?

**Mind clear and consistent?**

**WHO are you holding responsible for your emotions, finances or health?**

**WHO are you holding responsible for the state of your relationships?**

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**STEP 1, Exercise 7**

**“...We admitted we were powerless over others – than our lives had becomes unmanageable...”**

7. What are you doing in your life that you feel resentful about? What do you feel you have to do but don't want to do? In what areas of your life do you feel you have no choices, no options? Who or what is trapping you? Who do you most want to say something to? Why can't you say it?

**What are you doing you feel resentful about?**

**WHAT do you HAVE to do you don't want to do?**

**WHERE do you have no options, no choices?**

**WHO or WHAT is trapping you?**

**WHO do you most want to say something to?**

**WHY can't you say it?**

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**STEP 1, Exercise 8**

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8. What is the particular incident that propelled you to begin attending a 12 Step group? If attending for a while, what is the issue that has been plaguing you most recently? Who or what are you most worried about? When was the last time you did something loving and nurturing for yourself? Is there someone in your life that you feel is causing you misery? Do you feel that if she or she behaved differently, you would be happy?

**WHAT incident propelled you to a 12 Step Group? - WHAT issue has been plaguing you?**

**WHO or WHAT are you most worried about?**

**Last time you did something nurturing/loving for self?**

**Is there SOMEONE causing you misery? If she/he behaved different, would you be happy?**