

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

STEP 12 – Exercise 1

“...Having had a spiritual awakening as a result of these steps, we tried to carry this message to other codependents and to practice these principles in all our affairs...”

1. Describe your experiences in carrying the message to others. Describe an effort that backfired or didn't work. Describe one that you believed was successful.

Experiences in carrying the message to others

An effort that backfired or didn't work

One you believed was successful

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STEP 12 – Exercise 2

“...Having had a spiritual awakening as a result of these steps, we tried to carry this message to other codependents and to practice these principles in all our affairs...”

2. How have you begun to take recovery principles to areas of your life other than your primary relationships? In what areas would you like to experience healing and more growth and change? You may want to turn these into written goals.

Recovery principles used other than in your primary relationships

What areas would you like healing? Growth? Change?

Written goals.

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STEP 12 – Exercise 3

“...Having had a spiritual awakening as a result of these steps, we tried to carry this message to other codependents and to practice these principles in all our affairs...”

3. How has your relationship with yourself changed since you began recovery? How do you treat yourself differently now? How does it feel when you treat yourself well and in a nurturing, loving manner?

How has your relationship with yourself changed?

Do you treat yourself differently now? How?

How does it feel when you treat yourself well?

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STEP 12 – Exercise 4

“...Having had a spiritual awakening as a result of these steps, we tried to carry this message to other codependents and to practice these principles in all our affairs...”

4. Describe your experiences trying to share or explain your recovery to family members. Get feedback from someone else in recovery or someone you trust about these experiences.

Describe experiences sharing your recovery with family

Feedback from someone else in recovery about your experiences. What did you share? What feedback did you get?

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STEP 12 – Exercise 5-6

“...Having had a spiritual awakening as a result of these steps, we tried to carry this message to other codependents and to practice these principles in all our affairs...”

5-6. How have you grown spiritually since you began recovery? How would you describe your spiritual awakening? Have you awakened to the beauty and joy of yourself?

Have you grown spiritually? Describe process. (Slow, fast, stop and start, etc)

How would you describe your spiritual awakening?

Have you awakened to the beauty and joy of yourself? Explain how. Where do you still want to grow spiritually?