

Facilitator & Participant Guides

Features:

- The meeting guides provide adherence to Coda.org recommendations.
- They have been streamlined for better meeting flow.

Benefits:

- Members often ask if they can have a copy of the participant guide to take home.
- Electronic format reduces the need to print extra copies for virtual participants and allows us to be able to email them.
- Can be used by participants connecting to a virtual meeting and reduces the need to share a video screen.

Color-Coordinated Recovery Patterns:

Both the Facilitator and Participant guides now include a color-coordinated section for the codependent patterns which align with their corresponding recovery patterns.

The facilitator announces the color we will read from that day which allows for a sampling of each of the different patterns to be read on a rotating basis.

Members introduce each pattern by saying, “Codependents often...” followed by, “In recovery I...”

For example, reading one of the low self-esteem patterns they would say: “Codependents often... have difficulty admitting a mistake. In recovery... I continue to take personal inventory and when I am wrong, promptly admit it.” Each subsequent pattern is read in the same way.

Newcomer Enhancements:

A key element is reminding members that CoDA is a fellowship, and we encourage everyone to stay after the meeting to visit with at least one other member and to make a point to make our newcomers feel welcome.