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Substance abuse,
Alcoholism, Self-care,
Health, Alcoholism,
Family, Self Care,
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The Twelve Steps of Co-Dependents

Anonymous. 1. We admitted we were powerless over others - that our lives had become

unmanageable. 2.

Came to believe that a power greater than ourselves could restore us to sanity. 3. Made a

decision to turn our will and lives over to the care of God as we understood God. 4.

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**The Twelve Steps of
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Anonymous

Provides a detailed explanation of the Twelve-Step program designed by Alcoholics Anonymous, accompanied by advice on how to apply the program to codependent issues and cross-addiction
Pocket Guide to the 12 Steps Kathleen S. —
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CoDA-Tulsa -Melody
Beattie "Codependents
Guide to the 12 Steps".
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

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affairs...". 2.

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**CoDA Beattie 12
steps - Step 1
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Recovery From
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Jewish Twelve Steps
Guide to Healing Your
Soul explains how the
Twelve Steps of Co-
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Anonymous are
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Melody Beattie**

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Recovery Book in New
York.
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We admitted we were powerless over others – than our lives had.

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