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CoDA-Tulsa – Melody Beattie
“Codependents Guide to the 12 Steps” STEP 1, Exercise 5 “...We admitted we were powerless over others – than our lives had becomes unmanageable...” 5. What is the current state of your relationships with these people: Family, Friends, and Co-

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program using this method, the 30 questions and Daily Journal Checklist will move them gently through the first three steps using the CoDA Blue Book as the reference. This is a work in progress and may be revised from time to time. (Last Revision: January 22, 2011) The Process:

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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

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Made a decision to turn our will and lives over to the care of God as we understood God.; 4 Made a searching and fearless moral inventory of ourselves.; 5 Admitted to God, to ourselves, and to another human being, the ...

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