



## CoDA Service Conference 2023 Motion Form

**Check one:**  **Motion** (Board - CoDA Inc.)

**Motion** (Board - CoRe – CoDA Resource Publishing)

**Motion** (Committee)

**Committee Name** - Literature

**Motion** (VE - Voting Entity)

**Voting Entity Name-** \_\_\_\_\_

**Submitted Date:** May 10, 2023

Due 75 day prior to CoDA Service Conference (CSC)

**Motion Number:** 3

**Revision #:** \_\_\_\_\_ **Revision Date:** \_\_\_\_\_

Due 60 day prior to CoDA Service Conference (CSC)

**Motion Name:** New Recovery Patterns

**Motion:** CLC requests CSC to endorse the redesigned service document currently posted on coda.org as “Recovery Patterns of Codependence”:

1. Add a list of “In codependence, I...” statements, which have been adapted from the original “Patterns and Characteristics of Codependence.”
2. Update the wording of the current “I” statement recovery patterns and pair them with the new list above, “In codependence, I...”
3. Post the original list CoDA Patterns and Characteristics, “Codependents Often...” pair it with:
4. a new list, “In recovery, we...,” based on the “I” statements above.

5. Redesign the download to be more user friendly and easier to read, with larger type size, larger individual cells, allow one full page for each of the five categories.

See attached PDF.

**Intent, background, other pertinent information:**

1. To fulfill the intent of the Texas VE motion, assigned to CLC in 2020, to create a new list of “I” statements, to be adapted from our existing “Codependents often...” statements. The “I” statements represent another option to help the codependent who still suffers to identify their codependence. CoDA groups can choose to use one or both lists.
2. To re-work the existing recovery statements to be more open ended and to reflect language found in our foundational text, *Co-Dependents Anonymous*.
3. To add a list of “we” recovery statements to mirror the “we” statements of our Twelve Steps and Twelve Traditions as a paired list with our original “Codependents often” patterns.
4. To offer two list pairs of codependence VS recovery, one with “I” statements, one with “they” and “we” statements.
5. To create a more user-friendly format for the downloadable PDF.

**Remarks:**

It took several years for CLC to find our group conscience on how to approach the issues the original motion raised. This past year we finally had a functioning working group of dedicated individuals who worked through all four parts of this motion.

**This motion requires changes to: (please check any that apply)**

- Bylaws                       FSM P1                       FSM P2  
 FSM P3                       FSM P4                       FSM P5  
 Change of Responsibility  
 Other: Literature, update service piece on coda.org

**(Data Entry Use Only)**

**Motion result:** \_\_\_\_\_

Please email to [submitesc@coda.org](mailto:submitesc@coda.org)

(If you want assistance writing your motion, please send email to [Board@CoDA.org](mailto:Board@CoDA.org))