



CoDA Service Conference 2023 Motion Form

Check one: **Motion** (Board - CoDA Inc.)
 Motion (Board - CoRe – CoDA Resource Publishing)
 Motion (Committee)
Committee Name - CoDAteen _____
 Motion (VE - Voting Entity)
Voting Entity Name- _____

Submitted Date: May, 10th 2023

Due 75 day prior to CoDA Service Conference (CSC)

Motion Number: 1

Revision #: _____ **Revision Date:** _____

Due 75 day prior to CoDA Service Conference (CSC)

Motion Name: CoDAteen Preamble and Welcome

Motion: To endorse the CoDAteen Preamble and Welcome (Short and Long version) as written below as foundational documents for CoDAteen. This is the 2nd year to be endorsed at the CoDA Service Conference.

CODATEEN PREAMBLE

CoDAteen, a part of Co-Dependents Anonymous, is a Fellowship of young people whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery — learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.

We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDAteen, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege.

This renewal process is a gift of healing for us. By actively working the program of CoDAteen and Co-Dependents Anonymous, we can each realize a new joy, acceptance and serenity in our lives.

CODATEEN WELCOME (Short Version)

We welcome you to CoDAteen, a part of Co-Dependents Anonymous - a program of recovery from codependency, where each of us may share our experience, strength, and hope in our efforts to find freedom where there has been bondage, and peace where there has been turmoil in our relationships with others and ourselves.

Codependence is a deeply-rooted, compulsive behavior. It is born out of our sometimes moderately, sometimes extremely dysfunctional families and other systems. We attempted to use others as our sole source of identity, value, well-being, and as a way of trying to restore our emotional losses. Our histories may include other powerful addictions which we have used to cope with our codependency.

We have all learned to survive life, but in CoDAteen we are learning to live life. Through applying the Twelve Steps and principles found in CoDA to our daily lives and relationships, both present and past, we can experience a new freedom from our self-defeating lifestyles. Our sharing helps us to free the emotional bonds of our past and the compulsive control of our present.

No matter how traumatic your past or despairing your present may seem, there is hope for a new day in the program of CoDAteen and Co-Dependents Anonymous. May you find a new strength within to be that which God intended - Precious and Free.

CODATEEN WELCOME (Long Version)

The Welcome of Co-Dependents Anonymous

We welcome you to CoDAteen, a part of Co-Dependents Anonymous, a program of recovery from codependence, where each of us may share our experience, strength, and hope in our efforts to find freedom where there has been bondage and peace where there has been turmoil in our relationships with others and ourselves.

Most of us have been searching for ways to overcome the dilemmas of the conflicts in our relationships and our childhoods. Many of us were raised in families where addictions existed – some of us were not. In either case, we have found in each of our lives that codependence is a most deeply rooted compulsive behavior and that it is born out of our sometimes moderately, sometimes extremely dysfunctional families and other systems. We have each experienced in our own ways the painful trauma of the emptiness of our childhood and relationships throughout our lives.

We attempted to use others – **our family members, parents, guardians, caregivers, teachers, other adults, and even our friends**, as our sole source of identity, value and well-being, and as a way of trying to restore within us the emotional losses from our childhoods. Our histories may include other powerful addictions which at times we have used to cope with our codependence.

We have all learned to survive life, but in CoDAteen we are learning to live life. Through applying the Twelve Steps and principles found in CoDA to our daily life and relationships both present and past – we can experience a new freedom from our self-defeating lifestyles. It is an individual growth process. Each of us is growing at our own pace and will continue to do so as we remain open to God's will for us on a daily basis. Our sharing is our way of identification and helps us to free the emotional bonds of our past and the compulsive control of our present.

No matter how traumatic your past or despairing your present may seem, there is hope for a new day in the program of CoDAteen and Co-Dependents Anonymous. No longer do you need to rely on others as a power greater than yourself. May you instead find here a new strength within to be that which God intended – Precious and Free.

Intent, background, other pertinent information: To adopt the CoDA Preamble and Welcome to be relevant for CoDAteen

Remarks: This document has been on the website for the last year for review from the Fellowship and has been reviewed and revised **further** by the CoDAteen and CoDA Literature Committees. We encourage Delegates, committees and groups to use the 15-day revision period to offer any suggested changes or edits. Please send to codateen@coda.org

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:

(Data Entry Use Only)

Motion result: _____

Please email to submitesc@coda.org

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