



The Preamble of CoDAteen¹

(Italicized words in red do not appear in the Preamble of Co-Dependents Anonymous)

CoDAteen, a part of Co-Dependents Anonymous, is a Fellowship of *young* whose people 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.

¹ Extracted from the Co-Dependents Anonymous, Inc., (CoDA), 2023 Service Conference (CSC), endorsed [Motion #: 23031](#), copyright © pending.