

The First 14 Days: Temporary CoDA Sponsor Workbook

Thank you for being willing to accompany someone through *The First 14 Days* as part of the program of Co-Dependents Anonymous.

Here is the process:

- Please, send your new temporary sponsee the introduction email, which can be found below. You may introduce yourself and share a few sentences about your CoDA recovery journey so far.
- Then, send the person the exercise for only *Day One* found below.
- When they reply, send them a “thank you for your answer” email.
- Send them the next day’s exercise in another email.
- Continue this process through Day Fourteen.

Aim to reply promptly when they complete each exercise and do not give feedback, similar to a meeting. Keep in mind that this is the beginning of their journey, and *The First 14 Days* is for them to discover things about themselves. If asked, it is ok to clarify the exercise.

If the sponsee does not respond after a week, send an email asking if they are ok. It is up to the sponsee to drive the process. If they do not respond regularly, it is advised not to continue the process; this can enable their unmanageability and does not support their recovery or yours. We are not acting as therapists; our role is simply to support them in working the CoDA program.

When they have completed the process, encourage them to accompany someone else through *The First 14 Days*. In addition, recommend that they seek out a sponsor to take them through *The Twelve Steps of Co-Dependents Anonymous* to continue their CoDA recovery.

The exercises are found below in this sponsor’s workbook.

Thank you for your service.

The First 14 Days: Introduction Email to the Temporary Sponsee

Hello [Recipient's Name],

Congratulations on taking this important step for yourself and your recovery.

Here is the process:

- I will email you **one exercise** at a time.
- Then, when you complete each exercise, email your response back to me.
- I will not give a lot of feedback, usually just a “thank you for your response,” a little like a meeting.

All you need is contained in *The First 14 Days* workbook that is attached as a pdf. Respond as you can, and know there are no wrong answers.

Aim to complete the process within **three to four weeks** and respect the time we are putting into this. If there are long gaps, we may need to renegotiate the process.

Throughout this process, it is important that you are attending CoDA meetings to support yourself with any feelings as they arise.

Once you have finished *The First 14 Days* workbook, we recommend that you look for a sponsor to take you through *The Twelve Steps of Co-Dependents Anonymous*.

If you feel unprepared to begin, please let me know. Feel free to reach out with any questions or concerns.

I'll now send you the exercise for Day One.

I wish you all the best with this wonderful journey of self-discovery in the program of Co-Dependents Anonymous.

[Your Name]

The First 14 Days: Sponsee Exercises

We send these one at a time.

Day One

Read *The Preamble of Co-Dependents Anonymous*© and *The Welcome of Co-Dependents Anonymous*© from Day One in *The First 14 Days Workbook*. Write out any words or concepts that are unfamiliar to you. Write out the passages that are meaningful to you. Make notes of any thoughts or feelings you have in relation to this reading. Send these to your temporary sponsor.

Day Two

Read Denial and Acceptance from Day Two in *The First 14 Days Workbook*. Write out any words or concepts that are unfamiliar to you. Write out the passages that are meaningful to you. Make notes of any thoughts or feelings you have in relation to this reading. Send these to your temporary sponsor.

Day Three

Read the *Patterns and Characteristics of Codependence*© from Day Three in *The First 14 Days Workbook*. Note the words or concepts you are unfamiliar with. Write a sentence about each of the patterns that you identify with and send these to your temporary sponsor.

Day Four

Read *Codependency & Recovery – The Differences*© from Day Four in *The First 14 Days Workbook*. Highlight the behaviors you most identify with. Choose up to ten of the most relevant to you and write a few sentences on each. When relevant, use specific examples from your past or present. Send these to your temporary sponsor.

Day Five

Read Step One from Day Five of *The First 14 Days Workbook*. Write down any words or phrases that are meaningful to you. Write a sentence or two on each of these key words or phrases. Send these to your temporary sponsor.

Day Six

Read the section on boundaries in Day Six of *The First 14 Days Workbook*. Write out the key words and phrases under each type of boundary that stand out for you. Write a few notes on these and send them to your temporary sponsor.

Day Seven

Read the literature on shame in Day Seven of *The First 14 Days Workbook*. Reflect on the idea that shame is a large part of our codependence. Write notes on how feelings of shame or not being “good enough” have affected you and your relationships. Send these to your temporary sponsor.

Day Eight

Read the affirmations in Day Eight of *The First 14 Days Workbook*. Reflect on the ways in which negative thoughts and beliefs may have affected your attitudes and behaviors in the past. Write down any beliefs that you want to practice in your life. How can practicing these new beliefs help with your recovery? Send your response to your temporary sponsor.

Day Nine

Read the paragraph on self-care for Day Nine in *The First 14 Days Workbook*. For many of us codependence has developed out of a perceived need to take care of others. Write a few sentences on why it is important in CoDA recovery to take care of yourself and how you might do this. Send these to your temporary sponsor.

Day Ten

Read the literature for Day Ten on controlling and/or avoiding people and circumstances in *The First 14 Days Workbook*. Reflect on the role fear plays in these behaviors. Write notes on the specific ways in which you have controlled and/or avoided people, places, and things in relationships. Send these to your temporary sponsor.

Day Eleven

Read the literature for Day Eleven in *The First 14 Days Workbook* on enmeshment, detachment, and avoidance. Write out the words and phrases that stand out to you and any behaviors you relate to, and write notes on these. Send these to your temporary sponsor.

Day Twelve

Read the literature for Day Twelve in *The First 14 Days Workbook*, “What is Meant by Self-parenting.” Write notes on ways in which you can begin to parent yourself in loving ways. Send these to your temporary sponsor.

Day Thirteen

Re-read these lists from *The First 14 Days Workbook*:

- *Patterns and Characteristics of Codependency*© (from Day Three)
- *Codependence & Recovery - The Differences*© (from Day Four)

Write a list of the codependent behaviors that you can definitely relate to. Write a second list of the more subtle behaviors that may also cause you problems.

Make your lists meaningful for you. You may wish to rewrite some of the patterns in a different way to make them more relevant to yourself.

Choose approximately five behaviors that cause you the most difficulty. These can now be referred to as your current “bottom-line behaviors.” Email these to your temporary sponsor.

Over the next few months, you are asked to specifically bring your attention to how these five patterns play out in your life, what events trigger them, and what effects they have on you and your relationships.

Day Fourteen

Read *The Twelve Promises of Co-Dependents Anonymous*© from Day Fourteen in *The First 14 Days Workbook* and choose the top five that bring hope for your recovery and a new day in the program of Co-Dependents Anonymous. Send these to your temporary sponsor.

After Day Fourteen

Congratulations on completing your first fourteen days!

You are now ready to begin working *The Twelve Steps of Co-Dependents Anonymous*. You may now choose to ask your temporary sponsor if they are available to take you through the steps. If not, listen for someone in meetings whose recovery and story you relate to and reach out to them for sponsorship.