

An Open Letter To The Newcomer

You are the most important person in this CoDA room today. You are welcome and needed here. At one time we were all sitting in your place. All of us walked in the very shoes you are wearing today. We walked into the room frightened and wondering what we were doing here. We came to CoDA with broken lives and broken hearts. We came to CoDA with little or no self-esteem, little or no ability to trust and little or no ability to know or express our true feelings. We came to CoDA emotionally, spiritually, and physically drained. We came to CoDA with the pain and despair of a way of life that caused us to focus on others, but not on ourselves. We needed to learn how to have loving and fulfilling relationships with ourselves... and then with others. We needed to learn how to start living our lives sanely- with dignity and self-respect.

You can have what we have in CoDA- a daily reprieve from the terrible disease of codependency. You do not have to continue to destroy yourself living as a “*victim*,” without trust, loving communication and feelings. There is an answer! You can join us on this wondrous path of growth and recovery.

Most of us codependents want everything immediately and perfectly. Please know that recovery from codependency does take time. It took your whole life to learn how to be the way you are. It will take some time to understand and undo these patterns. Don't expect to understand our whole Twelve Step program immediately. Recovery is a miraculous process; a journey of discovering your inner self and why you behave and feel the way you do. The process itself is sometimes awesome, sometimes bittersweet, sometimes exciting, sometimes depressing, sometimes infuriating, but always full of wonder and discovery. Trust the process and savor the experience.

There are many people who can help you in CoDA. They can be your friends, your sponsors, and your guides. They can help you focus where you need to focus. They can give you direction if you ask for it. There is a lot of love in these rooms. We are willing to love you and be there for you until you are strong enough and whole enough to love yourself.

And so, dear newcomer, we ask you to reach out! Trust the process of Twelve Step recovery. Find a sponsor. Dare to believe in yourself. Your Higher Power led you into CoDA and will help to sustain, nurture, and empower you. CoDA transmits a message of hope for a normal life full of independence and interdependence- and free of codependence. To receive this message, just keep coming back to the rooms.

You are an important, special, loveable person. You are worth it! Welcome!