

WHAT IS CO-DEPENDENCY?

ARE YOU CO-DEPENDENT?



Do you lose your true identity when involved with others?

Do you have difficulty identifying what you are feeling or do you have trouble making decisions?

Do you compromise your own values and integrity in order to be involved with others?

Do you have to be needed in order to have a relationship?

Do you minimize alter or deny how you truly feel?

Denial, low self-esteem, compliance and control patterns are a few symptoms of co-dependency. Help and support is available through the twelve step program of Co-Dependents Anonymous. The only requirement for membership is a desire for healthy and loving relationships.

- * Learn to love and take care of yourself**
- * Learn to trust those who are trustworthy**
- * Know a new sense of belonging and self esteem**
- * Overcome fears and act with courage, integrity and dignity**
- * Learn how to have equal partners**

In Co-Dependents Anonymous we gather together to support and share with each other in a journey of self-discovery - learning to love the Self. We share our experience, strength and hope to gain knowledge and wisdom in our current circumstances. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors. No matter how traumatic your past or despairing your present may seem, there is hope for a new day in the program of Co-Dependents Anonymous.

Co-Dependents Anonymous of San Diego County

www.sdccoda.org

Meetings and Info Line 619-222-1244

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