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CODEPENDENTS ANONYMOUS (CoDA)

A Twelve Step Fellowship of men and women whose common purpose is a desire to develop and maintain healthy relationships.

CHARACTERISTICS OF CODEPENDENCY

Codependents typically:

- Assume responsibility for other people's feelings
- Are not aware of how they feel and cannot identify their feelings
- Tend to minimize, alter or even deny the truth about how they feel
- Tend to fear or worry about how others may respond to their feelings
- Bolster self esteem by trying to solve other people's problems
- Look to other people to determine what to do, say or feel
- Focus their attention on pleasing another person
- Have difficulty in forming and/or maintaining close relationships with others
- Have to feel needed in order to have a relationship with others
- Do not know or believe that asking for help is OK and normal

FOR MORE INFORMATION AND A MEETING LIST VISIT WWW.NECODA.ORG OR WWW.CODA.ORG

**For a meeting list, send a self addressed stamped envelope to NE CoDA Intergroup,
PO Box 126, Littleton MA 01460**

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