

Sydney Sponsorship Program: First 14 Days – Questions

*This is intended to be given to the sponsee (or co sponsor) one at a time (over a period of 2 to 4 weeks) ideally by a sponsor who has already worked these first 14 days questions with a sponsor or co-sponsor. Contact the Intergroup Sponsorship coordinator for more information **or speak to someone who is currently in the Sydney Sponsorship Program.***

Day One

Read the CoDA ‘Preamble’ & ‘Welcome’. In one coloured pen underline any words or concepts that are unfamiliar to you. In another coloured pen underline the passages that are meaningful to you. Make notes of any thoughts or feelings you have in relation to this reading. Discuss with your sponsor.

Day Two

Reflect on the idea that isolation is commonly a part of co-dependent behaviour. Discuss with your sponsor the possibility of 12 step recovery being a return from isolation.

Day Three

Read the ‘Patterns & Characteristics of Codependence’ sheet. Tick the behaviours you most identify with. Choose the 10 most relevant and write a few sentences on each, using when relevant examples from your past (or present). Share these with your sponsor.

Day Four

Review the ‘Some Characteristics of Codependence Behaviour’ sheet. Underline any behaviours that you identify with. Discuss these with your sponsor.

Day Five

Read Step One. Underline any words or phrases that are meaningful for you. Write a sentence or two on each of these key words/phrases. Discuss with your sponsor.

Day Six

Read the literature on ‘Boundaries’. Underline key words and phrases that stand out to you and any behaviour that you relate to – write a few notes on these. Discuss with your sponsor.

Day Seven

Read the ‘Patterns of Co-Dependency’. In one coloured pen underline patterns that you may frequently engage in. In another colour underline those that are less frequent or troublesome. Make notes on:

- The effects these behaviours have on you
- The effects these behaviours have on your relationships

Day Eight

Read the ‘Affirmations – Just for Today’ in your first 14 day workbook. Reflect on the ways in which negative thoughts and messages may affect our attitudes and behaviours. Write notes on how reading positive affirmations affect you and how you think it may be possible to reprogram yourself with positive messages OR pick 5 you have strong reaction to and write about them.

Day Nine

Read the attached literature on ‘Shame’. Underline key words and phrases that stand out to you and any behaviours that you relate to – write a few notes on these. 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. Discuss with your sponsor.

Day Ten

Read the attached literature on "Controlling and/or Avoiding " people and circumstances. Reflect on the role fear plays in these behaviours. Write notes on the specific ways in which you have controlled and/or avoided in relationships.

What has been the pay-off for you ?

Day Eleven

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 to take care of ourselves. Discuss with your sponsor ways in which you might do this.

Day Twelve

Read the literature on "Enmeshment, Detachment, Avoidance". Underline key words and phrases that stand out to you and any behaviours that you relate to and write notes on these.

Day Thirteen

Read "Self-Parenting - What is Meant by Self – Parenting". Write notes on ways in which you can begin to parent yourself in loving ways.

Note to Sponsor – at this point you can give your sponsee a copy of this question sheet
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Day Fourteen

Re-Read the 3 lists: *Patterns & Characteristics of Codependence; Some Characteristics Of Codependent Behaviour;* and the *Patterns Of Codependency and Setting Bottom Lines*

1. Write a list of the codependent behaviours that you can strongly relate to.
2. Write a second list of more subtle behaviours that may also cause you problems

In doing this you may also wish to refer to the list in the Newcomers Handbook starting on page 25.

Note – many of the behaviours appear more than once on the lists, written in slightly different ways, or can be grouped together under similar headings.

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

Discuss these with your sponsor and then, with your sponsor's guidance, you will choose approximately five behaviours that cause you the most difficulty and write these in your notebook. (These can be referred to as your current "Bottom line behaviours")

AFTER DAY 14

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 affects they have on you and your relationships. Discuss what you discover with your sponsor.

Note: setting 'Bottom Line Agreements' around these behaviours can help with gaining awareness around them – contact sponsor.ozcoda@yahoo.com.au for suggested guidelines.

CONGRATULATIONS! On completing your first 14 days. You are now ready to begin working on Step One using the CoDA book, workbook and Step one pamphlet. It is suggested you answer no more than one question a day from the workbook, discussing your responses and any issues that arise with your sponsor on your regular calls (2-3 / week)

Please Send Feedback:

Have you found working through these questions useful ? In what way?

Were there any parts which you found unhelpful or confusing as to their purpose?

Are there any changes or additions you would like to suggest?

Please send feedback to:

CoDA IG Sponsorship coordinator

41/1 Regent Pl Redfern NSW 2016 email: ozcoda@yahoo.com.au (FAO Sponsorship Coordinator)

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