

# Step Study Format

(suggested)

The greatest emphasis of a step study should be for the answering of the questions. Modify the following format to best conform to your class time and step study duration.

## 5-10 minutes:

1. "This is a step study which is very different from a sharing meeting. For the duration of the meeting and throughout the step study, we ask that all sharing always be from the perspective of how we incorporate the steps."

**Moment of Silence:** We dedicate this time to focus on our recovery from codependency. We remember that "A Power greater than ourselves can restore us to sanity." Let's have a moment of silence followed by the CoDA opening prayer:

2. **CoDA Opening Prayer:** "In the spirit of love and truth, we ask our higher power to guide us as we share our experience, strength, and hope. We open our hearts, to the light of wisdom, the warmth of love, and the joy of acceptance."
3. **Weekly introductions & check in with observations of this week's step:** ie. Name, and observations with this week's step. Keep check-ins very brief and relevant to the steps, remembering that class time is valuable.

*"Let's go around the room to introduce ourselves and do a brief check in on your experience with the steps. Since our class time is valuable, please keep check-ins very short and focused on the steps."* (Just 15-30 seconds)

4. **Memory Step Work:** At each meeting try to recite the step from memory and build upon it each week. Memorizing the steps helps long term recovery.

## 50 – 55 minutes

### **New Step or Continue Homework Sharing:**

**A: NEW STEP:** (Go to step B, when class is a continuation of Homework Sharing)

5. **Read the questions from the green book first** (Reading the questions first helps us to focus on the lesson and prepares participants for completing the homework.)
6. **Read the lesson material for the step – each person can read a paragraph.**
7. **Read this week's Step Prayer**
8. **Brief discussion of notable points in the reading.** *"What stood out for you during the reading?"*

**RECOMMENDED: Continue with the reading from the CoDA Book or 12 Step Handbook.**

- A. In class - If time allows and you are also using the Blue Book or 12 Step Handbook, also read from the relevant step material and follow with a brief discussion of its notable points.
- B. At Home - You may relegate those materials for participants to read at home, however the most benefit is derived when time allows for it to be incorporated into the class.
- C. In Class Writing: If time allows, take some class time to *begin* writing answers to the workbook questions. 10-15 minutes to write answers and 10-15 minutes to discuss.

**OR B. Sharing Homework Answers** Upon return from the previous week, participants share their homework answers.

- 5. **Read Crosstalk Instructions.** Care should be taken to avoid the temptation for advice giving and interrupting. While dialogue is allowed in a step study, we will still need to refrain from crosstalk and advice giving. If anyone would like advice they can request for it to be given after the meeting.

**“I take ownership of my own experience by using I statements.” I do not take ownership of the experience of others by giving unsolicited advice. I refer to my own experience and no one elses.”**

- 6. **Open the discussion for the sharing of homework answers.**  
Balance the number of responses to each question with the amount of time the group is willing to allocate to the step.
  - Three to four responses per question should be sufficient, while some questions may prompt additional dialogue.
  - Participants should keep the focus on the steps and avoid the telling of war stories.

**FINAL 30 Minutes:**

- A. **The last 30 minutes of the meeting:**
  - Dedicate **10 minutes of writing time** to answer some of the questions.
  - Dedicate **5 minutes to sharing** one another’s answers so far.
- B. **7th Tradition:** Our Seventh Tradition reminds us that we are self-supporting through our own contributions. We ask that you donate as you can. A suggested donation of \$\_\_\_\_\_ will help us meet the financial obligations for our meeting.
- C. **Anonymity:** “As we bring this meeting to a close, we would like to remind you that CoDA is an anonymous program. We ask that you respect the anonymity and confidentiality of each person in this meeting. What you see here, what is said here, when you leave here, let it stay here.
- D. **Before closing the meeting:** decide for the week to come whether you will be continuing the same step or moving on to the next one.
- E. **As we close, let us stand and recite the Step Prayer / Serenity Prayer.**