



RECOVERED CODEPENDENTS

If codependency is your problem,
we have a solution.

Since 2019

Expect a miracle.

Am I a chronic codependent?

CODEPENDENT THINKING/BEHAVIOR:

- You obsess about people and relationships.
- You try to control what others do or say.
- You may engage in people-pleasing behaviors.
- You may be pushy and demanding.
- You take things personally and are concerned about self-image.

NORMAL PEOPLE CAN MODERATE OR STOP THEIR CODEPENDENT THINKING/ BEHAVIOR.

WHAT WE HAVE TRIED:

- Therapy
- Willpower
- Inner child work
- Attachment styles
- Love languages
- Coaching
- Medication
- Seminars
- Workshops
- Podcasts
- Gurus
- Travel
- Retreats
- Self-help books
- Journaling
- Cutting people out of our lives
- Swearing off relationships or romance entirely
- Setting boundaries
- Isolation
- Self-care
- Moving
- Affirmations
- New friends
- New hobbies
- Getting a new job
- Support groups
- "Just saying no"
- Accountability buddies
- EMDR
- Hypnosis
- ... and so on.

**For us as chronic codependents,
none of this worked.**

**Join a meeting today and talk to
a recovered codependent:**

www.rcwso.org

We have recovered.

**For all of us, the great promises
in the Big Book of AA came true:**

“ We are going to know a **new freedom** and a **new happiness**. We will not regret the past nor wish to shut the door on it. We will comprehend the word **serenity** and we will know **peace**. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will **suddenly** realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us — sometimes quickly, sometimes slowly. They will **always** materialize if we work for them.

Alcoholics Anonymous, page 83

”



Who is this program for?

We can help anyone who has a problem with codependency — some of us have addicts or alcoholics in our lives, some do not. Our recovered members can help you diagnose yourself, decide whether you are one of us, and work the steps.

We unite in this belief:

“Our chief responsibility to the newcomer is an adequate presentation of the program. If he does nothing or argues, we do nothing but maintain our own sobriety. If he starts to move ahead, even a little, with an open mind, we then break our necks to help in every way we can.”

~ Bill W., Letter 1942 AA Grapevine

What RC does not do

- We don't make medical or psychological diagnoses or prognoses
- We don't charge any dues or fees (RC is supported by voluntary contributions)
- We don't accept money or contributions from outside sources
- We don't recruit members or furnish initial motivation for codependents to recover
- We don't add or remove anything from the 12-step program as it is described in the book *Alcoholics Anonymous*
- We don't affiliate with any organizations, entities, or enterprises

World Service Office

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“We have to hit our own personal rock bottom first before we actually want to listen to someone and be willing to listen and follow directions from the Big Book. I know this from experience.”

~ J., recovered codependent

“I have a relationship with my dad that I would've never thought possible. Without this program I would have cut him out of my life entirely. Now I can give him a hug, tell him I love him and mean it.”

~ D., recovered codependent

“In the past year of being recovered, I have gotten into a healthy, long-term relationship. I have mended things with my mother, . . . I am motivated to work towards my goals, and I have a new sense of purpose in my life. I am a grateful recovered codependent.”

~ N., recovered codependent

About us

Recovered Codependents (RC) is a fellowship of men and women who have found a better way of life, free from codependency. Our fellowship is based on a 12-step program of recovery—and if you wish to join us, we are here to share what we have found.

There are no dues or fees for membership; the only requirement for membership is a desire to stop engaging in codependent thinking and behavior. We are here to assist the next person seeking help with their own codependency.



Join a meeting today:
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