

12 Step Codependency Worksheet

A ready-to-use worksheet covering all 12 steps of Co-Dependents Anonymous recovery with space for client reflection, action steps, and clinician notes. Printable and digital formats supported.

STEP 1: ADMITTING POWERLESSNESS OVER OTHERS AND ACKNOWLEDGING UNMANAGEABILITY

Reflection: What patterns do you notice in your caretaking behaviour?

Action Steps

Clinician Notes

STEP 8: MAKING A LIST OF ALL PERSONS HARMED AND BECOMING WILLING TO MAKE AMENDS

Who do you need to forgive, and what's blocking that?

Action Steps

Clinician Notes

STEP 12: HAVING HAD A SPIRITUAL AWAKENING AND CARRYING THE MESSAGE TO OTHER CODEPENDENTS

Reflection

Action Steps

Clinician Notes

PROGRESS AND BARRIERS

Steps completed

Insights emerged

Resistance or avoidance noted

Contraindications (e.g., unresolved trauma or active substance use that might require stabilization before deeper step work)

CONSENT

I consent to participating in step work as client-driven but therapist-facilitated, and I understand the CoDA framework as explained to me.

Client Name: _____ Date: _____ dd / mm / yyyy

Client Signature

Clinician / Therapist Name: _____

Clinician Signature