

Testimonials

What people using it have to say!

♥ **Jamie H. (2026) Folsom, CA:** *"WTP helped me to see the places where the tools of CoDA and my other program overlapped. It also helped me to get past the blocks I had with calling and sponsorship in CoDA. I started calling people more and they in turn said they used the tool more comfortably. It inspired me to find a group of people from a combination of area meetings to work the 30 and 40 questions and not give up on step work with a sponsor. Lastly, there were some tools that CoDA covered that my other program either did not cover or did not cover them very well. WTP was a helpful addition to my CoDA recovery, as well as my overall recovery."*

♥ **Anand H. (2025) Mountain View, CA:** *"WTP Love! Thank you for the working the program workshop! We've been reading it as our "tools" reading in MV Friday CODA. I'd love a pdf or something I can share because we're still passing around the handout I got from you from Walnut Creek!" And Also... "Really appreciate your work on WTP as I think it's the single biggest issue that people face in CODA - ok so now what?"*

♥ **Brenda H. (2022) Folsom, CA:** *"The WTP sessions were such an inspiring experience to kick off the start of my journey with Coda. I was thrilled when a Coda member, Michelle, stepped forward to offer a 12 week WTP experience. Our small but powerful group prospered from Michelle's guidance through the introductory and foundational basis of the Coda program. I am grateful of her offering her time and energy once a week for 12 weeks through this process of creating a way to integrate and utilize what Coda represents and teaches throughout our everyday lives. Not only do you work the program, but you live the program. Thank you Michelle for inspiring us to continue our journey and work with Coda."*

♥ **Erin K. (2018) Sacramento, CA:** *"Before WTP I tried to work the tools of Codependents Anonymous as they were introduced throughout the blue book, the workbook or in coda member shares. Since starting WTP, I have an opportunity to not only see all the tools clearly described in one place, but I can reflect upon my own unique approach to working the tools. I'm currently on tool 2 (attending meetings) but have already begun to discover certain values and assumptions I hold while working each tool. This is highly valuable to my recovery because once I gain awareness of how I'm working a particular aspect of the program, I'm able to be open to different approaches and suggestions from my WTP sponsor. It's kind of a "meta" process. Instead of using Coda in my life relationships, the Working the Tools Program and my sponsor relationship offers a chance to look at my unique approach or efforts in Coda directly. It's wonderful because it has the potential to introduce a lot of new ideas for how I can benefit from each of the Coda tools."*