

The Twelve Traditions of Cocaine Anonymous

1. Our common welfare should come first; personal recovery depends upon C.A. unity.
2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances.
4. Each group should be autonomous except in matters affecting other groups or C.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the addict who still suffers.
6. A C.A. group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every C.A. group ought to be fully self-supporting, declining outside contributions.
8. Cocaine Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. C.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.*

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The Twelve Steps of Cocaine Anonymous

1. We admitted we were powerless over cocaine and all other mind-altering substances – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as *we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as *we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.**

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“We’re Here and We’re Free”™

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Too Young to Recover?



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Too Young to Recover?

When we walked into Cocaine Anonymous, we looked around the room and began to wonder if we were too young to get clean and sober. Many of us were too young to have driver's licenses, to vote, to go into bars, or even have jobs. Surely we were too young to be addicts! Our denial told us that maybe our using and drinking was just a phase.

Soon after coming into Cocaine Anonymous, we realized that although we might not have used as long, we related to other members' experiences. We too had lost relationships with our families and friends, stopped doing things we once loved, stopped going to school or work, and hated who we had become. We shared the shame and embarrassment of using. We realized, like other members, that we had abandoned our morals and values for another hit, fix, pill, or drink.

Occasionally, we found ourselves in C.A. meetings, looking for a solution, not feeling welcomed. When this happened, it was important for us to remember C.A.'s Third Tradition: "The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances." It truly did not matter how old we were; all that mattered was what we wanted to do about our using. We found it was necessary that no matter what, we too showed up and attended C.A. meetings. Each of us needed to find a sponsor who could take us through the 12 Steps, so we could learn to apply the Steps and principles to our life.

Many of us were still in school or had already dropped out when we came into C.A. Our experience showed it was best to change the people we hung around with. Sometimes it was difficult to see our old friends in class, wondering what

we might be missing out on. Because of this, we realized how important it was for us to use the tools of recovery to build new friendships and to learn how to have fun again. We learned how to have clean and sober fun by having coffee, going to sober dances, movies, bowling, and attending other C.A. events.

After attending meetings and working with a sponsor on the 12 Steps of C.A., we found that it was vital to carry our message to the still-suffering addict, no matter what age. We walked into C.A. with many questions, but have found that no one is too young to recover in Cocaine Anonymous.