A Guide to the 12 Principles

The 12th Step of Cocaine Anonymous encourages us to “practice these principles in all our affairs.” Principles are the core truths, values, and beliefs that guide how we live. Learning to live by spiritual principles is a lifelong journey-and it takes consistent practice.

Today, that practice can happen anywhere. Whether in person or through online meetings, we have the opportunity to stay connected, supported, and growing in recovery. Below are 3 of the key principles of the C.A. program. For a complete list, please visit the C.A 12 Principles Leaflet using the link at the bottom of this page.

HONESTY
Honesty is the ability to recognise what is true and what is not. Developing honesty requires openness and a willingness to change how we see ourselves and the world. It is a vital part of recovery and the starting point for a new way of life. In C.A., we are encouraged to be honest, open-minded, and willing - whether sharing in a room or joining an online meeting. Honesty helps us move toward a life that is happy, joyous, and free.

HOPE
Hope grows as we connect with others in recovery who share their experiences - what it was like, what happened, and what life is like now. Through both in-person and online meetings, we hear these stories and realise we are not alone. Hope can be found in simple moments: a shared laugh, a kind word, or even a message on a screen. As we begin to see that recovery is possible, hope opens the door to connection with a Higher Power.

FAITH
Faith is trust in something greater than ourselves. In C.A., we are invited to develop a relationship with a Higher Power of our own understanding. This is a personal journey that unfolds over time. For many, faith begins by trusting the group - whether gathered physically or connected online. As we attend meetings regularly and work the 12 Steps, our faith grows stronger and more meaningful.

For the full version of the ‘12 Principles’ Leaflet follow the link below:

C.A. 12 Principles