A Guide to the 12 Steps

The Pamphlet (A Guide to the 12 Steps) outlines one approach to working the Twelve Steps within Cocaine Anonymous. To support this process, we use the text Alcoholics Anonymous, often referred to as the "Big Book." When reading it, many of us find it helpful to substitute the word "cocaine" for "alcohol" and "using" for "drinking." In doing so, some also come to recognize that their struggles may extend beyond one substance.

While this pamphlet describes a common method, there is no single "right" way to work the Steps. We encourage you to seek guidance from a sponsor, an experienced member, or your Higher Power to find the approach that works best for you. One of the most effective ways to access this support is by joining our online meetings, where you can connect with others in recovery, ask questions, and share your experience in a safe and supportive space.

This pamphlet is not a replacement for the Big Book or for personal guidance. Instead, it aims to provide insight into how the Twelve-Step program applies to our addiction and how it can be practiced in everyday life.

Working the Twelve Steps prepares us for what is often described as a "spiritual awakening" or "spiritual experience" (as referenced on page 567 of the Big Book). This refers to a meaningful shift in our thinking, attitudes, and outlook- One that can free us from active addiction. Regular participation in meetings, including online, helps reinforce this change and supports ongoing recovery.

By applying the Steps consistently, we begin to build and strengthen our conscious connection with a Higher Power. Many members believe that this daily practice, combined with regular meeting attendance, is one of the strongest safeguards against relapse.

Newcomers often ask, "When should I take the Steps?" The Big Book reminds us that many people return to using shortly after deciding to stop. For this reason, we encourage you to begin as soon as you feel ready and to use our online meetings as a place to start. Gaining a clear understanding of Step One can provide the willingness needed to continue with the remaining Steps, and our online community is here to support you every step of the way.

Find below the link to the full C A version 'A Guide to the 12 steps' Pamphlet.

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