A Guide to And all other mind altering Substances

Many people arrive at Cocaine Anonymous, often through an online meeting thinking one of two things: "I rarely (or never) even used cocaine. I don't think I belong here," or "What does 'and all other mind-altering substances' really mean?

Those of us who have been around for a while, whether in rooms or on screens, have heard this before, and many of us once felt the same way. Over time, we come to understand that our real problem is not any one substance, but the disease of addiction.

Some of us never used cocaine at all. Others used many substances, or combinations like cocaine and alcohol, that led us into trouble. Many of us found ourselves on a cycle, using one substance to come down, another to go up, and another to level out.

No matter where we were or how we connected, whether in person or through online meetings, our experiences showed us the same truth: substitution doesn't work. It was always easier to start than to stop. Even when we tried to control things by switching substances, the same patterns returned.

Imagine running out of one substance - what would you replace it with? Sooner or later, the inability to stop would resurface, often worse than before. That's the nature of addiction.

At some point, many of us realized we couldn't control our use of any mind-altering substances. The problem wasn't the substance - it was the addiction itself.

With its inclusive First Step and Third Tradition, Cocaine Anonymous welcomes anyone with a desire to stop, whether they find us in a physical room or join us online from anywhere in the world.

Alcohol is a mind-altering chemical, and **marijuana** is a potent drug. For many of us, they were just as much a part of the problem as anything else.

There are times when **prescription medications** are necessary. However, for those of us with addiction, even legitimate use can become complicated. Old thinking patterns can return, especially when a mind-altering substance is involved.

Staying connected, whether through a sponsor, trusted peers, or regular online meetings can help us stay accountable. We encourage awareness, honesty, and asking questions. Whether in a meeting or a one-on-one conversation online, support is always available.

We are powerless over cocaine and all other mind-altering substances. Step One is just the beginning. Recovery is possible, and connection is key. Today, that connection is more accessible than ever. Through online meetings, we can reach each other anytime, anywhere, breaking isolation and building a new way of living.

Addiction is not about any one substance. The Twelve Steps are not substance-specific, Cocaine Anonymous is open to anyone with a desire to stop. We encourage awareness, honesty, and asking questions. Whether in a meeting or a one-on-one conversation online, support is always available.

If you want to stop, you are welcome here.

And now, more than ever, you can find that welcome anywhere - by simply joining an online meeting.

Find the link to the full C A version of the pamphlet below:

And all other Mind-altering Substances