The First 30 Days

Welcome to Cocaine Anonymous. If you're reading this, you've already taken one of the hardest steps - reaching out for help. Whether you've joined your first online meeting or found us another way, you are no longer alone. Thousands of people have found freedom from active addiction through the Fellowship of Cocaine Anonymous, and recovery is possible for you too.

Many of us came to C.A. unable to stop using cocaine and other mind-altering substances, despite the consequences. We found ourselves trapped by the obsession to use and powerless once we started. Addiction affects every part of our lives - physically, emotionally, mentally and spiritually.

The good news is that there is a solution - Recovery begins with complete abstinence from cocaine and all other mind-altering substances. From there, we learn a new way of living by attending meetings, connecting with other recovering addicts and working the Twelve Steps of Cocaine Anonymous.

You don't have to understand everything today-you only need the willingness to keep coming back.

Suggestions for your first 30 days

Attend meetings regularly. The more connected you are, the stronger your recovery can become. Online meetings make it possible to find support wherever you are, making it easier to attend daily, especially during difficult moments or when travelling, working shifts or unable to attend in person.

Choose a home group. Having a regular meeting where people get to know you helps build friendships, accountability and a sense of belonging.

Find a sponsor. A sponsor is someone who has experience in recovery and can guide you through the Twelve Steps. You don't have to figure everything out by yourself.

Reach out between meetings. Exchange phone numbers with other members and use them. If no one is available, join another online meeting or contact your local C.A. helpline. There is always someone who understands.

Keep an open mind. You don't need all the answers. Many of us arrived full of fear, doubt and uncertainty. Simply being willing to listen and try something different was enough to begin changing our lives.

Recovery doesn't happen overnight, but it does happen. Be patient with yourself, stay connected, and keep coming back. Whether you attend online, in person, or both, every meeting is another opportunity to hear the message of hope and to strengthen your recovery.

Welcome to Cocaine Anonymous. Your new life can begin today.

For the full C.A Version of the pamphlet see the Link: The first 30 Days