Tips for Staying Clean & Sober

Recovery is a journey, and none of us have to do it alone. Whether you're attending online or in-person meetings, these simple suggestions have helped countless members stay clean and sober, one day at a time.

- Admit that you can't stay clean and sober on your own. Recovery begins by asking for help.
- Make your recovery your number one priority. Everything else becomes easier when you protect your sobriety.
- Remove drugs and drug paraphernalia from your life, and avoid situations that put your recovery at risk.
- Stay away from people, places and behaviours that you associate with using.
- Attend C.A. meetings regularly. Online meetings make it easier than ever to connect with the Fellowship, wherever you are, and can provide support at any time of the day or night.
- Choose a home group and let people get to know you. Recovery grows through connection.
- Get phone numbers and use them. If you're struggling, reach out before you pick up.
- Find a sponsor and stay in regular contact. A sponsor can guide you through the Twelve Steps and share their experience, strength and hope.
- Work the Twelve Steps of Cocaine Anonymous with your sponsor and continue reading C.A. literature to strengthen your recovery.
- Be of service whenever you can. Whether it's welcoming newcomers, reading at a meeting, or helping behind the scenes in an online meeting, service keeps us connected and reminds us why we stay clean.
- Practise being honest, open-minded and willing (H.O.W.). These principles are the foundation of lasting recovery.
- Remember H.A.L.T. - don't let yourself become too Hungry, Angry, Lonely or Tired, as these can make recovery more difficult.
- Keep it simple. Focus on staying clean and sober today. One day at a time really does work.
- Pray, meditate, ask questions and stay willing to learn. Recovery is a lifelong process of growth.
- If you're in trouble and can't reach someone from your phone list, contact the C.A. helpline or join an online meeting. You never have to face difficult moments alone.
- Be patient with yourself. Recovery takes time, but every day clean is a victory.
- Above all, keep coming back. Whatever you're facing, there is always a place for you in Cocaine Anonymous - we care, and together we recover.

For the Full C.A Version of the C.A Pamphlet see the Link below:

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