# Too Young to Recover?

Many of us found Cocaine Anonymous while we were still at school, college, or just starting out in life. We wondered whether we were too young to have a problem, let alone to need recovery. Some of us hadn't even learned to drive, couldn't vote, or weren't old enough to go into bars. Surely we were too young to be addicts?

Our denial convinced us that our drinking or drug use was "just a phase" and that things would eventually get better on their own. But deep down, many of us knew something had changed. We had drifted away from family and friends, lost interest in the things we once enjoyed, struggled at school or work, and felt ashamed of the person we were becoming. We discovered that addiction doesn't measure itself by age - it affects anyone who cannot stop using, regardless of how old they are or how long they have been using.

When we joined Cocaine Anonymous, we identified with the honesty, hope, and experience shared by members from all walks of life. Recovery wasn't about how old we were, it was about our desire to stop using and to live differently.

For many younger members, attending an online meeting was the first step. Joining from home made it easier to ask for help, especially if travelling wasn't possible or walking into a meeting room felt overwhelming. Online meetings gave us the chance to listen, share when we were ready, and connect with people who understood exactly how we felt. We soon discovered that recovery can begin wherever you are.

Cocaine Anonymous' Third Tradition reminds us: *"The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances."* If you have a desire to stop using, you are welcome.

As we stayed connected through meetings, found sponsors, and began working the Twelve Steps, we learned healthier ways to cope with life. We built new friendships, found support, and discovered that it was possible to enjoy life without drugs or alcohol. Whether through online meetings, in-person meetings, or both, we found a Fellowship that accepted us exactly as we were.

Today, many of us share our experience with others who are still suffering, just as someone once shared it with us. We have learned that no one is too young to recover, and no one has to face addiction alone.

If you're wondering whether you're too young to need help, remember this: if you're old enough to suffer from addiction, you're old enough to recover. Your journey can begin today - one meeting, one conversation, and one day at a time.

***For the full C.A Version of the Pamphlet Follow the Link Below:*** Too Young to Recover?