Tools of Recovery

There comes a point when cocaine and other mind-altering substances stop giving us what we were searching for. The highs disappear, the consequences grow, and using becomes something we do simply to get through the day. Many of us wanted to stop but didn't know how - If that's where you are today, there is hope.

Thousands of recovering addicts have found freedom through the program of Cocaine Anonymous. No matter how much you used or how hopeless things may feel, recovery is possible. You don't have to do it alone.

Total Abstinence - Our experience has shown that lasting recovery begins with complete abstinence from cocaine, alcohol, and all other mind-altering substances. For many of us, using any substance led us back to our addiction.

Online Meetings - Online meetings make recovery available wherever you are. Whether you're at home, travelling, unwell, anxious, or simply unable to attend in person, you can connect with recovering addicts who understand exactly what you're going through.

By **attending meetings regularly**, you'll hear experience, strength and hope from people who have found a new way of life. We encourage newcomers to attend meetings as often as possible-many members find that 90 meetings in 90 days provides a strong foundation for recovery.

Sponsorship - A sponsor is a recovering addict who has experience working the Twelve Steps and is willing to guide and support you in your recovery. Many sponsors and newcomers first connect through online meetings, making it easier than ever to find someone who can help.

The Twelve Steps - The Twelve Steps are at the heart of our recovery. Meetings introduce us to the solution, while working the Steps with a sponsor helps us build a stable, fulfilling, and sober life.

Service - Giving back is an important part of recovery. In online meetings, service can be as simple as welcoming newcomers, reading at meetings, hosting, timekeeping, or helping behind the scenes. Being of service strengthens our own recovery while helping others find theirs.

Stay Connected - Recovery doesn't end when the meeting closes. Many members exchange phone numbers, send messages, and stay connected between meetings. Reaching out when you're struggling - and being there for someone else - is one of the greatest strengths of our Fellowship.

Keep Coming Back - Make your recovery your highest priority. Recovery takes time, and some days will be harder than others, but every meeting attended and every day clean is a step forward.

Whether you're joining your first online meeting or returning after time away, you'll always find a warm welcome in Cocaine Anonymous. Keep coming back-it works when we work it together.

For the Full C.A approved version of the pamphlet follow the Link below: Tools of Recovery