

## The Twelve Steps of Cocaine Anonymous

1. We admitted we were powerless over cocaine and all other mind-altering substances — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

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**“We’re Here and We’re Free”**

Approved Literature

Cocaine Anonymous World Services, Inc.

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## Phone Numbers:

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**“We’re Here and We’re Free”**

## Cocaine Anonymous 12 Step Meetings

<u>Meeting</u>	<u>Time</u>	<u>Location</u>
Sunday	7:30 PM	Detox
Monday	12:00 PM	River Valley
Tuesday	7:30 PM	Detox
Wednesday	7:30 PM	River Valley
Thursday	7:30 PM	River Valley
Saturday	6:00 PM	Gaetz United Ch.

- Detox Centre: 5246 53 Ave
- River Valley: 5017 49 Street. SE Entrance
- Gaetz United Church – LGBTQS+ Meeting: 4758 50 Street

**Information Line (403) 396-8298**

## Self-Test For Cocaine Addiction

1. Have you ever used more cocaine than you planned?
2. Has the use of cocaine interfered with your job?
3. Is your cocaine use causing conflict with your spouse or family?
4. Do you feel depressed, guilty or remorseful after you use cocaine?
5. Do you use whatever cocaine you have, almost continually, until the supply is exhausted?
6. Have you ever experienced sinus problems or nosebleeds due to cocaine use?
7. Do you ever wish you had never taken that first line, hit or injection of cocaine?
8. Have you experience chest pains or rapid or irregular heartbeats when using cocaine?
9. Do you have an obsession to get cocaine when you do not have it?
10. Are you experiencing financial difficulties due to your cocaine use?
11. Do you experience an anticipation high just knowing you are about to use cocaine?
12. After using cocaine, do you have difficulty sleeping without taking a drink or other drug?
13. Are you absorbed with the thought of getting loaded even while interacting with a friend or loved one?
14. Have you begun to use drugs or drink alone?
15. Do you ever have feelings that people are talking about you or watching you?
16. Do you have to use larger amounts of drugs or alcohol to get the same high you once experienced?
17. Have you tried to quit or cut down on your cocaine use only to find that you could not?
18. Have any of your friends or family suggested that you may have a problem?
19. Have you ever lied to, or misled, those around you about how much or how often you use?

20. Do you use drugs in your car, at work, in the bathroom, in airplanes, or in other public places?
21. Are you afraid that if you stop using cocaine or alcohol, your work will suffer or you will lose your energy?
22. Do you spend time with people or in places you otherwise would not be around but for the availability of drugs?
23. Have you ever stolen drugs or money from family or friends?

If you have answered “yes” to any of these questions, you may have a cocaine problem. There is an answer – come to meetings of cocaine anonymous, read the literature, and join us – we want to help

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### The First 30 Days

WELCOME to Cocaine Anonymous. We are all here for the same reason – our inability to stop using cocaine. The first step towards solving any problem is understanding the problem.

#### THE PROBLEM

The problem, as we see it, consists of an obsession of the mind and an allergy of the body. The obsession is a continued and irresistible thought of cocaine and the next high. Once we have given in to this thought, our bodies take over. Our allergy consists of an absolute inability to stop using once we begin. Thus, our recovery begins with complete abstinence from cocaine and all other mind-altering substances. This allows us to begin living in the solution.

#### THE SOLUTION

We wish to assure you that there *is* a solution and that recovery *is* possible. It begins with abstinence and continues with practicing the Twelve Steps of recovery one day at a time. Take it easy. Addiction is not a moral

issue. Addiction is a disease – a disease that kills. Here are some suggestions to help you stay clean and sober for your first 30 days:

**Abstinence** – Do not use any mind-altering substances! Experience has shown us that the use of any mind-altering substance will ultimately lead us back to addiction in another form or to our drug of choice, cocaine.

**A Meeting a Day** - Attend at least one meeting a day, or more. Meetings are where we go to share our experience, strength, and hope with each other.

**Get a Sponsor** – It is a good idea to get a sponsor during your early days, when CA seems unfamiliar. A sponsor is simply a sober addict who can give you more time and attention than is available at meetings.

**Use the Telephone** – Get phone numbers from CA members and use them. A vital part of our recovery process is reaching out to others. If no one is available, call Cocaine Anonymous.

**One Day at a Time** - We stay clean and sober one day at a time, and, when necessary, one hour or even one minute at a time; not one week, or one month, or one year, just one day at a time.

As we get clean and sober, our feelings begin to surface. Cocaine helped us escape from ourselves; it altered our reality. It helped us cover up, avoid, and deaden our feelings. Getting clean and sober can be painful, but with help, we find our lives get better one day at a time.

When we attended our first CA meeting, we knew deep down inside that cocaine had become a problem in our lives. Seeing this was just the beginning. This is where the program of Cocaine Anonymous comes into play. We begin by surrendering and working the Twelve Steps of recovery.