

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.**



“We’re Here and We’re Free”TM

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The Twelve Traditions of Cocaine Anonymous

- 1. Our common welfare should come first; personal recovery depends upon C.A. unity.**
- 2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**
- 3. The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances.**
- 4. Each group should be autonomous except in matters affecting other groups or C.A. as a whole.**
- 5. Each group has but one primary purpose - to carry its message to the addict who still suffers.**
- 6. A C.A. group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.**
- 7. Every C.A. group ought to be fully self-supporting, declining outside contributions.**
- 8. Cocaine Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**
- 9. C.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**
- 10. Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy.**
- 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television, and films.**
- 12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.**



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