

THE CPA DECLARATION

Introduction to the CPA Declaration

Some of us believe that our problems are insurmountable. We have lived with pain and suffering for so long we have given up hope for happiness. We believe any promises for positive change are only true for others, not for us. The CPA program of recovery offers new attitudes and ways of thinking. Little by little, through our constant efforts, we discover a different kind of life in which beneficial habits begin to replace ones that once brought us misery. Our spiritual recovery is accomplished by being open to the experience, strength, and hope shared by our friends in the fellowship, through vigorously working the Twelve Steps, and actively engaging in service and receiving the gifts found in concentrating on the happiness of others. We may start this journey with doubt, but we have nothing more to lose. We are told that if we do what others have done, we will get what others have gotten. So with the little bit of faith and guidance that brought us to CPA, we begin.

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By working the Twelve Steps of CPA, our relationship with chronic pain and chronic illness is no longer adversarial. Each morning we wake with the joy of hope. Challenges no longer block the way. Possibilities we never dreamed of are now part of our daily existence. We relish connecting with others. We want to be around people, and people want to be around us. Our life of isolation no longer exists. Fellowship, rather than loneliness, describes our life.

Self-pity is replaced by a belief that our life has value and is worth living. Fear is replaced by courage, strength, and faith to overcome any challenges. We even see challenges as opportunities for spiritual growth. We are compassionate and kind to ourselves and consider the needs of others. We forgive those whom we perceive have harmed us so we can be free from the chains of the past. We have gratitude and place our attention on all that is good. Remembering progress, not perfection, we approach each day with a positive attitude, no matter what condition our body is in when we start the day.

We can feel serenity and peace regardless of what is happening physically. Our body does not determine the joy we experience in life. We can laugh and see the lighter

side of situations. Our pain and illness are no longer the primary focus of our day. We value ourselves and believe we have something to give to the world. We are open to new beginnings and no longer cling to how things were in the past.

We deserve to love and be loved. Our existence has meaning and purpose. Our life is far better than we had ever imagined possible. We now have faith in a Power greater than ourselves who can do for us what we cannot do for ourselves. This Higher Power is the foundation that supports and guides us as we move through each moment.