THE TWELVE TRADITIONS OF CPA

- 1. Our common welfare should come first; personal recovery depends upon CPA 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 CPA membership is a desire to recover from the emotional and spiritual debilitation of chronic pain or chronic illness.
- 4. Each group should be autonomous, except in matters affecting other groups or CPA as a whole.
- 5. Each group has but one primary purpose to carry its message to people living with chronic pain and chronic illness.
- 6. A CPA group ought never endorse, finance, or lend the CPA name to any outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
- 7. Every CPA group ought to be fully self-supporting, declining outside contributions.
- 8. Chronic Pain Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
- 9. CPA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10. Chronic Pain Anonymous has no opinion on outside issues; hence the CPA 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, film, and the Internet.
- 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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