

INTRODUCTION TO THE CPA DECLARATION

Some of us believe 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. We may start this journey with doubt, yet little by little, through our consistent efforts, we will discover a different way of life in which beneficial habits will begin to replace ones that once brought us misery.

Our spiritual recovery will be accomplished by being open to the experience, strength and hope shared by our friends in the fellowship. We will come to understand if we do what others have done, we will get what others have gotten. As we steadily work the Twelve Steps of CPA and engage in service, our relationship with chronic pain and chronic illness will no longer be adversarial. We will begin our day with gratitude and hope. Possibilities we never dreamed of will be part of our daily existence and we will begin to see that we can have a quality of life despite living with pain and illness.

So, with the little bit of faith and guidance that brought us to CPA, we begin. ***If we are rigorous in our endeavor, we will be astounded by the results.***

CPA DECLARATION

1. *Fellowship, rather than loneliness and isolation, will be present in our life.*
2. *We will enjoy connecting with other people.*
3. *We will be compassionate and kind to ourselves as well as consider the needs of others.*
4. *Fear will be replaced by courage, strength and faith to rise and meet any challenges. We will even see challenges as opportunities for spiritual growth.*
5. *We will forgive those whom we perceive have harmed us so we can be free from the chains of the past.*
6. *Remembering progress, not perfection, we will approach each day with a positive attitude. We will choose to focus on gratitude, placing our attention on all that is good.*
7. *Our pain and illness will no longer be the primary focus of our day. We will feel serenity and peace regardless of what condition our body is in. Our body will not determine the joy we experience in life.*
8. *We will laugh and see the lighter side of situations.*
9. *We will value ourselves and believe we have something to give to the world. Self-pity will be replaced by a belief our life has meaning and purpose.*
10. *We will be open to new beginnings and no longer cling to how things were in the past.*
11. *We will believe we deserve to love and to be loved.*
12. *We will have faith in a Higher Power which does for us what we cannot do for ourselves. This Power is the foundation that will support and guide us as we move through each moment. Our life will be far better than we ever imagined possible.*