

# CHRONIC PAIN ANONYMOUS FACT SHEET

## The Preamble of Chronic Pain Anonymous:

CPA is a fellowship of people who share their experience, strength, and hope with each other, so that they may solve their common problem and help others to recover from the disabling effects of chronic pain and chronic illness. We believe that changing attitudes can aid recovery. The only requirement for membership is a desire to recover from the emotional and spiritual debilitation of chronic pain or chronic illness. There are no dues or fees for CPA membership. We are self-supporting through our own contributions. CPA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to live our lives to the fullest by minimizing the effects of chronic pain and chronic illness in our lives and helping others to do the same. We do this by practicing the Twelve Steps, and welcoming and giving comfort and understanding to each other.

Recovery in CPA is defined as the ability to live peacefully, joyfully, and comfortably with ourselves and others.

## What CPA Does:

1. CPA supports meetings worldwide including face-to-face, telephone, and online. Meeting directories, CPA literature, and other resources are available at [www.chronicpainanonymous.org](http://www.chronicpainanonymous.org).
2. Anyone interested in CPA is welcome to attend an "open" CPA meeting to observe and learn. Questions from non-members are most welcomed during fellowship time, after the meeting. Attendance at "closed" meetings is limited to those who experience chronic pain and/or chronic illness. There are no dues or fees for CPA membership. CPA is supported through member contributions.
3. At meetings, members refer to their pain and illness in general terms, by not sharing specifics surrounding personal diagnoses, medications and treatments. They concentrate on feelings and attitudes rather than on the details of the situation. Members support each other in learning how to find serenity and a meaningful life regardless of chronic pain and chronic illness by practicing the Twelve Steps.

What CPA Does NOT Do:

1. Offer medical advice, diagnoses, or prognoses.
2. Provide treatments, therapies, legal, or welfare services.
3. Accept money from outside sources.
4. Engage in or endorse outside educational institutions, programs or research.
5. Does not affiliate with any religious organization.

### **For Professionals**

CPA is a mutual support group of peers who share their experience applying the CPA principles to challenges related to the effects of living with chronic pain and chronic illness. Members do this by studying and practicing the CPA Twelve Steps and Twelve Traditions.

CPA is not group therapy; meetings are not led by a counselor or therapist. However, CPA is a supportive network that can complement professional treatment options.

No advance notification or written referral is necessary to attend a CPA meeting. Anyone experiencing chronic pain and/or chronic illness is welcome to attend.

CPA Cooperates with Professionals by Providing:

- Speakers and literature for conferences, workshops, and meetings.
- Invitations for professionals to attend "open" CPA meetings as observers.
- Presentations at schools, colleges, and facilities.

Our General Service Virtual Office is available to offer you any further assistance.  
888-561-2220 | [inquiry@chronicpainanonymous.org](mailto:inquiry@chronicpainanonymous.org)

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