In the right time. In meetings, we are asked to share in a general way; however, with our sponsor, we often share about the personal details of our situation. A sponsor helps us feel supported in our recovery process.

STOP
S - Surrender
Stop what we are doing and surrender to what is in the moment. Let Go and Let God.

T - Time out
Step away and take time out. Relax. Easy Does It.

O - Observe
Observe what we are feeling and thinking and see realistically what is happening around us. Freedom from Bondage of Self.

P - Prioritize
What is the next indicated action? First Things First.

Writing/Journaling
Obsession and worry are common ways we cope with chronic pain and chronic illness. When we write out our difficulties, it can become easier to see situations more clearly and possibly to discover necessary action. For some, writing is a way to communicate with a Higher Power.

Whatever we share with another CPA member or in a meeting will be held in respect and confidence. What we hear and say at meetings remains there. We honor the anonymity of others and trust they will guard our anonymity as well.

Fellowship Time
Whether in a physical or virtual meeting, we can remain after meetings to socialize with others in the group. This is a time when we can ask questions, get to know each other better, share about our recovery, find a sponsor, and connect with new people in the CPA community. This helps foster the sense of fellowship that is so central to the group’s success.

Between meetings, we find it helpful to stay in touch with each other. We use a variety of communication tools to stay connected. Examples of some ways members reach out: telephone, text, video conference, chat, email, and writing letters. Some people in CPA call other members and their sponsors regularly. By communicating with each other, we are ending the isolation that is so common among those living with chronic pain and chronic illness.

Reaching out to friends in the fellowship is how we ask for help and extend it to others. When emotions such as fear or grief are strong and we need a friend at our side, the telephone and computer can provide support and be a lifeline when we are struggling. During difficult times, it helps to connect with someone daily.

Gratitude List
A list of what we are grateful for helps us become aware of the good that is already present. It also helps us to change our perspective—rather than focusing on what we are lacking and/or have lost, we acknowledge the abundance that exists in our daily lives.

This list can be done at any time during the day as we identify what we are grateful for in that moment. It can be short, such as three items for the day. Some prefer a longer list, even using each letter of the alphabet to name one thing they are grateful for. It can be an ongoing list we add to regularly. As we practice gratitude, we each find what works best.

Higher Power
A Power greater than ourselves is the core of our program of spiritual recovery. Although the word “God” is used by some people, this is a personal choice. Some people identify it as “Good Orderly Direction” or the collective wisdom of the fellowship. We don’t need to be religious to have a Higher Power. We each define our own Higher Power.

It helps to be open-minded as some of us struggle with this concept. We read CPA literature, review the Steps, speak to our sponsor, and talk to program friends as we explore. As we grow in our recovery, our
relationship and understanding of our Higher Power can evolve.

**Literature**

Daily reading of the CPA-approved literature reinforces the Twelve Steps and program principles. It provides insight into our problems and gives us strength and courage to deal with them. It gives us hope that there is a solution for us. It is the collective wisdom of the members of our fellowship that guide us in our recovery journey.

CPA literature is used in our meetings, and we study the literature with our sponsors and other members, just as we read and review it ourselves. Some people in CPA start or end their day reading CPA literature.

**Meditation**

There are many different approaches to meditation that allow us to remain present in the moment without judgment. Some view meditation as listening. It is an element of Step Eleven, although it can be practiced before working all the Steps.

There are many ways to practice meditation. CPA has a brochure called Meditation and CPA, which may be helpful.

**Meetings**

Meetings are gatherings of two or more members of CPA who come together to share their personal experience, strength, and hope. Meetings offer fellowship with other CPA members and give us an opportunity to identify our personal experience, strength, and hope; leading a meeting; participating on a service body; being a group treasurer; or sponsoring. We serve within our capacity so we may help others while caring for ourselves. We look forward to giving to others what was generously given to us; in doing so, we find it nourishes our spirits.

**Slogans**

Slogans are short, brief reminders of how to work the CPA program of recovery. They are simple and easy to remember, particularly when we are in pain, tired, and dealing with strong emotions. We can post them around us as reminders. They help calm us, provide accessible emotional and spiritual support, give us guidance, and help us slow down. We can use them at any time.

Some common slogans are One Day at a Time, Let Go and Let God, First Things First, Do the Next Indicated Action, Easy Does It, and This Too Shall Pass.

**Sponsorship and Working the Twelve Steps**

Sponsors are CPA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. Sponsorship allows us to continually renew and reaffirm our own recovery through sharing our experience, strength, and hope. No matter how long we have been in CPA, we need someone to speak with on a regular basis.

We ask a sponsor to help us through our program of recovery and guide us through working the Twelve Steps. We learn from each other. To find a sponsor, we look for those who have the recovery we desire. It is always ok to ask; we trust we will find the right sponsor.