



“... a fellowship for those with chronic pain and chronic illness.”

Chronic Pain Anonymous in Brief

What is CPA?

It is a nonprofit worldwide fellowship of people from all walks of life who live with chronic pain and chronic illness. Our members come together to support each other and learn how to find serenity and meaningful lives while living with the disabling effects of their physical health conditions.

Who are CPA members?

Within our fellowship are people who live with pain or illness that persists over time, recurs, or progresses. The pain or illness can be due to injury, congenital disorder, surgery, cancer, arthritis, and any other medical condition that creates pain and symptoms that interfere with daily functioning and peace of mind.

How is recovery defined in CPA?

Our problem is an obsession with our bodies and our health, which can lead to resentment, anger, depression, and fear. We often find ourselves isolated, alienated from loved ones, and unable to experience serenity or happiness. Recovery is the ability to live peacefully, joyfully, and comfortably with ourselves and others.

How will CPA help people who live with chronic pain and chronic illness?

Through sharing our experience, strength, and hope, we find understanding and support with each other and experience emotional and spiritual recovery, no matter what our physical condition may be. We are no longer alone. We have simple tools in our program, such as the Twelve Steps, the Serenity Prayer, books, and fellowship.

How is CPA supported?

CPA is fully self-supporting and does not accept contributions from nonmembers. There are no fees. Contributions from members are voluntary.

Why is anonymity important?

Anonymity is the spiritual foundation of CPA. It provides an atmosphere of safety for all members and reassures them that what is said and who is seen at a meeting is not shared outside the meeting.

Is CPA religious?

CPA is a spiritual program. It does not ally with any religion. Religious beliefs or lack of them are a personal choice. In our meetings, we refer to a Power greater than ourselves. Each person defines this individually.

How can health professionals support CPA?

The CPA fellowship cooperates, but is not affiliated, with any outside organizations. Many healthcare professionals suggest CPA as a resource for those who live with chronic conditions.

How do I attend a meeting?

Regardless of your situation, there are accessible meetings for you. These include face-to-face, video conference, telephone, and online meetings. Details are available on the CPA website.