A Self Test for Addiction

1. **Do you ever use more cocaine than you planned?**
2. **Has the use of cocaine interfered with your job?**
3. **Is your cocaine use causing conflict with your spouse or family?**
4. **Do you feel depressed, guilty, or remorseful after you use cocaine?**
5. **Do you use whatever cocaine you have almost continuously until the supply is exhausted?**
6. **Have you ever experienced sinus problems or nosebleeds due to cocaine use?**
7. **Do you ever wish that you had never taken that first line, hit, or injection of cocaine?**
8. **Have you experienced chest pains or rapid or irregular heartbeats when using cocaine?**
9. **Do you have an obsession to get cocaine when you don't have it?**
10. **Are you experiencing financial difficulties due to your cocaine use?**
11. **Do you experience an anticipation high just knowing you are about to use cocaine?**
12. **After using cocaine, do you have difficulty sleeping without taking a drink or another drug?**
13. **Are you absorbed with the thought of getting loaded even while interacting with a friend or loved one?**
14. **Have you begun to use drugs or drink alone?**
15. **Do you ever have feelings that people are talking about you or watching you?**
16. **Do you use larger doses of drugs or alcohol to get the same high you once experienced?**
17. **Have you tried to quit or cut down on your cocaine use only to find that you couldn't?**
18. **Have any of your friends or family suggested that you may have a problem?**
19. **Have you ever lied to or misled those around you about how much or how often you use?**
20. **Do you use drugs in your car, at work, in the bathroom, on airplanes, or other public places?**
21. **Are you afraid that if you stop using cocaine or alcohol your work will suffer or you will lose your energy, motivation, or confidence?**
22. **Do you spend time with people or in places you otherwise would not be around but for the availability of drugs?**
23. **Have you ever stolen drugs or money from friends or family?**

If you have answered <u>YES</u> to any of these questions, you may have a cocaine problem. There is an answer...come to meetings of Cocaine Anonymous, read the literature and join us...we want to help.

(*Literature reprinted from the pamphlet "To the Newcomer" WSC approved.*)

Northern Alberta Area
of
Cocaine Anonymous

24 Hour Help Line
(780) 425-2715
Website: www.ca-northab.org

Phone Numbers

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

What Is The First Thing?

To the newcomer who wonders what the first thing he or she must do to achieve sobriety, we say that you have already done the first thing; you have admitted to yourself, and now to others, that you need help by the very act of coming to a meeting or seeking information about the C.A. program.

You are also, at this very moment doing the next thing to stay straight; you are not taking the next hit. Ours is a one-day-at-a-time program. We suggest that you should not dwell on wanting to stay sober for the rest of your life, or the year, or even the week. Once you have decided you **want to quit**, let tomorrow take care of it self. Just for today, you don't have to use. But sometimes it is too much for us to project even one whole day drug free. That's okay. Just for the next ten minutes, you don't have to use. It's okay to want it, but you don't have to use it, just for ten minutes. After ten minutes, see where you are. You can repeat this simple process as often as necessary, using whatever span of time feels comfortable. **JUST FOR TODAY, I DON'T HAVE TO USE!**

In the C.A. fellowship, you are among recovering cocaine abusers who are living without drugs. Make use of us! **Take phone numbers**. Between meetings you may not be able to avoid contact with drugs and druggies. Some of us had no sober friends at all when we first came in. You have sober friends now! When you begin to feel squirrelly, don't wait, **give one of us a call.** And don't be surprised if one of us calls you when we need help.

It may surprise you that we discourage *any* use of mind-altering substances, including alcohol and marijuana. It is the common experience of addicts in this and other programs that *any* drug use leads to relapse or substitute addiction. If you're addicted to another substance, you'd better take care of it. If you're not, then you don't need it, so why mess with it. We urge you to heed this sound advice drawn from the bitter experience of other addicts. Is it likely you're different? We thought we were happiest with our cocaine! But we were not. **In C.A. we learn to live a new way of life.** We say that it is a spiritual but not a religious program - our spiritual values are accessible to the atheist as well as to the devout theist.

We who are grateful recovering cocaine addicts ask you to listen closely to our stories. That is the main thing: Listen! We know where you're coming from, because we've been there ourselves. Yet we are now living drug-free, and not only that but **living happily**; many of us happier than we have been before. Few of us would trade all our years of addiction for the last six months or year of living the C.A. program of sobriety.

No one says that it is easy to arrest addiction. We had to give up old ways of thinking and behaving. We had to be *willing to change*. But we are doing it, gratefully, one day at a time.