

# Cocaine Anonymous



# Glossary of Terms

Created by a Subcommittee  
of the Literature, Chips, and  
Formats Committee  
of World Service

April of 2026



# Index

Introduction .....	3
Glossary of Terms .....	4
Documentation of Process .....	33
Timeline .....	35
Acknowledgments .....	35



# Glossary of Terms

---

## Introduction

As Cocaine Anonymous continues to grow in more countries, and as the need for translation of our literature increases, the Glossary of Terms Subcommittee (GOT) felt it was important to include a brief description of how this Glossary was developed. When we reviewed materials from several earlier efforts to create a glossary, we found that knowing the process could be helpful if documented.

We expect that, once this Glossary is in use, feedback will lead to further additions and refinements. As a living document, it may evolve over time as more C.A. literature is translated and as new needs emerge. By sharing how we developed it and what we learned, we hope to assist those who may work on this Glossary in the future.

At the end of the Glossary, on pages 33-35 you will find a description of our process, acknowledgments, and a brief timeline.

# Glossary of Terms

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
1	<b>12th Step Call/Twelve Step Call</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>A Twelfth Step Call is where one addict helps another by meeting them and discussing their concerns and/or helps them with their craving for drugs and/or alcohol.</li> </ul>	<ul style="list-style-type: none"> <li>The Twelfth-Step Call is directly connected to the Twelfth Step of Cocaine Anonymous, which states: "Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs." This step emphasizes the importance of members sharing their recovery experience and supporting other addicts who are struggling with addiction, which is the fundamental purpose of a twelfth-step call.</li> </ul>
2	<b>A We Program</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>This concept reflects the core philosophy that members cannot achieve and maintain sobriety alone, but instead draw strength and support from the fellowship of other recovering addicts.</li> </ul>	
3	<b>Abstinence</b>	<ul style="list-style-type: none"> <li>Refers to the practice of deliberately refraining from or avoiding a particular activity, behavior, substance, or indulgence, typically for health, moral, religious, or personal reasons.</li> </ul>	<ul style="list-style-type: none"> <li>Not using any mind altering substances.</li> </ul>	
4	<b>Acceptance</b>	<ul style="list-style-type: none"> <li>The act of recognizing and embracing reality as it is, without resistance or denial; willingness to experience situations, emotions, or circumstances without attempting to change or control them.</li> </ul>	<ul style="list-style-type: none"> <li>Refers to the fundamental recognition and acknowledgment of one's powerlessness over cocaine and all mind-altering substances, combined with the willingness to embrace reality without resistance.</li> </ul>	
5	<b>Addict</b>	<ul style="list-style-type: none"> <li>A person who is physically or psychologically dependent on a substance or behavior, and continues using it compulsively despite negative consequences to their health, relationships, or daily life.</li> </ul>	<ul style="list-style-type: none"> <li>A person suffering a profound loss of control over cocaine and/or all mind-altering substances, often involving denial, escalating use despite harm, failed attempts at moderation, and interference in all aspects of life.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
6	<b>Addiction</b>	<ul style="list-style-type: none"> <li>Addiction is a chronic condition in which a person compulsively uses a substance or engages in a behavior despite harmful consequences.</li> </ul>	<ul style="list-style-type: none"> <li>Addiction is a chronic condition in which a person compulsively uses a substance or engages in a behavior despite harmful consequences.</li> </ul>	
7	<b>Affairs</b>	<ul style="list-style-type: none"> <li>Matters, activities, or concerns that people are involved with or that need attention.</li> </ul>	<ul style="list-style-type: none"> <li>Refers to all aspects of an individual's life and conduct, not just matters related to addiction or recovery.</li> </ul>	<ul style="list-style-type: none"> <li>This usage aligns with the Twelve Step tradition, originating from Alcoholics Anonymous, where "affairs" encompasses daily activities, relationships, work, and any other responsibilities or interactions a person may have—essentially, it means practicing honesty, integrity, and other program principles everywhere, not only in meetings or recovery-related situation.</li> </ul>
8	<b>Alcoholic</b>	<ul style="list-style-type: none"> <li>A person who is dependent on alcohol and has difficulty controlling their drinking.</li> </ul>	<ul style="list-style-type: none"> <li>A person who has lost control over their drinking and whose life has become unmanageable because of alcohol, physically, mentally, spiritually, and/or socially.</li> </ul>	<ul style="list-style-type: none"> <li>In Cocaine Anonymous many members identify as addicts and/or alcoholics, recognizing that the same underlying disease of addiction can express itself through cocaine, alcohol, or other substances.</li> </ul>
9	<b>Alcoholism</b>	<ul style="list-style-type: none"> <li>A chronic, progressive, potentially fatal disorder marked by excessive and usually compulsive drinking of alcohol leading to psychological and physical dependence or addiction.</li> </ul>	<ul style="list-style-type: none"> <li>Alcoholism is a progressive, chronic condition in which a person has lost the power of choice over drinking.</li> </ul>	
10	<b>Allergy of the Body</b>	<ul style="list-style-type: none"> <li>An abnormal reaction of the immune system to a substance that is normally harmless to most people.</li> </ul>	<ul style="list-style-type: none"> <li>A physical reaction in addicts where, once they ingest a substance like cocaine (or other mind-altering substances), they experience an abnormal response: a compulsive craving or inability to stop using.</li> </ul>	
11	<b>Amends</b>	<ul style="list-style-type: none"> <li>To correct or repair a wrong you have done.</li> </ul>	<ul style="list-style-type: none"> <li>Taking responsible action to repair the harm one has caused to others as a result of addiction and related behaviors.</li> </ul>	<ul style="list-style-type: none"> <li>This goes beyond just apologizing; it involves making concrete efforts to correct past wrongs, restore trust, and align one's behavior with principles of honesty and accountability.</li> </ul>

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
12	<b>Anonymity</b>	<ul style="list-style-type: none"> <li>The state of not having your name or identity known or revealed.</li> </ul>	<ul style="list-style-type: none"> <li>Protecting the privacy and identity of all members, both inside and outside meetings.</li> </ul>	<ul style="list-style-type: none"> <li>The principle of anonymity is foundational to the fellowship: it creates a safe space for individuals to share openly, free from fear of exposure or social stigma.</li> <li>For public relations, Cocaine Anonymous members are required to maintain personal anonymity at the level of all public media, meaning no member acts as a spokesperson for the fellowship.</li> </ul>
13	<b>Anonymous</b>	<ul style="list-style-type: none"> <li>A person's name or identity is not known, not given, or not meant to be revealed.</li> </ul>	<ul style="list-style-type: none"> <li>It is both a practical safeguard for privacy and a spiritual principle of humility and equality within the fellowship.</li> </ul>	
14	<b>Attraction rather than promotion</b>	<ul style="list-style-type: none"> <li>Focusing on being something people naturally want, instead of trying to convince them to want it.</li> </ul>	<ul style="list-style-type: none"> <li>The fellowship doesn't sell or pressure people to join. Instead, it lets the visible changes in members' lives—sobriety, peace of mind, and better behavior—speak for themselves and draw others in.</li> </ul>	
15	<b>Autonomous</b>	<ul style="list-style-type: none"> <li>Having the freedom and authority to govern or control oneself; operating independently, without external control.</li> </ul>	<ul style="list-style-type: none"> <li>Each group operates independently and governs its own internal affairs, except in matters that affect other groups or Cocaine Anonymous as a whole.</li> </ul>	<ul style="list-style-type: none"> <li>Each meeting is autonomous, meaning that each group may make decisions for the individual group/district/area and they don't HAVE to adhere to World suggested guidelines. We do, however, suggest that in order for a meeting to be called a Cocaine Anonymous meeting, they must adhere to minimal requirements for their format, readings etc.</li> </ul>
16	<b>Awakening</b>	<ul style="list-style-type: none"> <li>A sudden or profound realization or new understanding, often involving renewed interest, energy, or spiritual insight.</li> </ul>	<ul style="list-style-type: none"> <li>Experiencing a spiritual shift and personal transformation as a direct result of working the Twelve Steps, leading to ongoing recovery and service to others.</li> </ul>	
17	<b>Awareness</b>	<ul style="list-style-type: none"> <li>Conscious knowledge, perception, or understanding of a situation, fact, or experience.</li> </ul>	<ul style="list-style-type: none"> <li>A member's conscious recognition and understanding of their addiction, behaviors, and the underlying issues that contribute to their substance use, as developed through participation in the Twelve Step program.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
18	<b>Baggies</b>	<ul style="list-style-type: none"> <li>A small bag or a small sealable plastic bag, used especially for containing food or drugs.</li> </ul>	<ul style="list-style-type: none"> <li>Small, clear plastic bags commonly used to package and carry cocaine or other drugs.</li> </ul>	
19	<b>Bankrupt</b>	<ul style="list-style-type: none"> <li>Drained of mental, emotional, or physical resources; depleted, exhausted, empty.</li> </ul>	<ul style="list-style-type: none"> <li>A state where individuals are emotionally, financially, and spiritually depleted due to their addiction.</li> </ul>	<ul style="list-style-type: none"> <li>This state is often referred to as hitting a "bottom," where the individual recognizes the severity of their addiction and the damage it has caused in their life.</li> </ul>
20	<b>Bondage of Self</b>	<ul style="list-style-type: none"> <li>A spiritual and psychological phrase describing a state in which a person is dominated by their own selfishness, self-centered thinking, and ego-driven fears and desires.</li> </ul>	<ul style="list-style-type: none"> <li>The state of being trapped by one's own self-centeredness, fear, and unhealthy patterns of thought and behavior—especially those that lead to and sustain addiction.</li> </ul>	
21	<b>Brown Bottles</b>	<ul style="list-style-type: none"> <li>A rigid brown colored, container with a narrow neck, usually made of glass.</li> </ul>	<ul style="list-style-type: none"> <li>Small glass containers (often prescription or pharmacy bottles) used by addicts to store cocaine residue.</li> </ul>	
22	<b>C.A.</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>Abbreviation for "Cocaine Anonymous"—a twelve-step fellowship for individuals who desire to stop using cocaine and all other mind-altering substances.</li> </ul>	
23	<b>C.A. Group</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>Two or more C.A. members who meet regularly to share their experience, strength, and hope with each other, provided they meet specific criteria established by the fellowship.</li> </ul>	
24	<b>Came to Believe</b>	<ul style="list-style-type: none"> <li>Over time, a person gradually arrived at a belief or conviction, rather than accepting it instantly or automatically.</li> </ul>	<ul style="list-style-type: none"> <li>A personal, experiential awakening to the idea that they are not alone and that help beyond their own willpower is possible.</li> </ul>	<ul style="list-style-type: none"> <li>The past tense verb "came" suggests movement and development—members don't need to have immediate, complete faith when they enter the program.</li> </ul>

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
25	<b>Care of God</b>	<ul style="list-style-type: none"> <li>The belief or understanding that God actively looks after, protects, guides, and provides for people and the world, out of divine love, wisdom, and concern.</li> </ul>	<ul style="list-style-type: none"> <li>Turning control over to this personal spiritual force for recovery from addiction.</li> </ul>	<ul style="list-style-type: none"> <li>Cocaine Anonymous does not provide a formal, standalone definition of the phrase "care of God"; it appears exclusively as part of Step Three—"Made a decision to turn our will and our lives over to the care of God as we understood Him"—within a spiritual, non-religious framework emphasizing a personal Higher Power.</li> </ul>
26	<b>Character Defects</b>	<ul style="list-style-type: none"> <li>Ongoing patterns in how someone thinks, feels, or behaves that are harmful, get in the way of healthy functioning or relationships, and usually come from deeper issues like fear, insecurity, selfishness, dishonesty, or unhealthy pride.</li> </ul>	<ul style="list-style-type: none"> <li>Negative personality traits, behaviors, or attitudes that contribute to addiction and hinder recovery.</li> </ul>	
27	<b>Chips</b>	<ul style="list-style-type: none"> <li>Small, flat pieces of material used as tokens or markers.</li> </ul>	<ul style="list-style-type: none"> <li>Small tokens or medallions given to members to mark and celebrate specific periods of sobriety, such as days, months, or years without cocaine or other mind-altering substances.</li> </ul>	
28	<b>Chronic</b>	<ul style="list-style-type: none"> <li>Continuing or occurring again and again for a long time.</li> </ul>	<ul style="list-style-type: none"> <li>Long-term, repeated, and compulsive use of cocaine or other mind-altering substances that is difficult to control and persists over a period of time.</li> </ul>	
29	<b>Clean</b>	<ul style="list-style-type: none"> <li>Free from dirt or pollution, contamination or disease.</li> </ul>	<ul style="list-style-type: none"> <li>Being free from cocaine and all other mind-altering substances.</li> </ul>	
30	<b>Clean and Sober</b>	<ul style="list-style-type: none"> <li>Living without using alcohol or other drugs and maintaining that abstinence as a continuing way of life.</li> </ul>	<ul style="list-style-type: none"> <li>Abstaining from all mind- and mood-altering substances, with a focus on both physical detoxification and ongoing mental, emotional, and lifestyle recovery.</li> </ul>	
31	<b>Clean house</b>	<ul style="list-style-type: none"> <li>To eliminate or remove undesirable elements such as people, policies, corruptions, or inefficiencies from a group, organization or a system.</li> </ul>	<ul style="list-style-type: none"> <li>The process of conducting an honest self-inventory, addressing the harms one has caused, and making amends to others as part of personal recovery and spiritual growth.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
32	<b>Cocaine</b>	<ul style="list-style-type: none"> <li>A powerful, addictive stimulant drug made from the leaves of the coca plant, native to South America.</li> </ul>	<ul style="list-style-type: none"> <li>A powerful, addictive stimulant drug made from the leaves of the coca plant, native to South America.</li> </ul>	<ul style="list-style-type: none"> <li>Any form of the stimulant drug derived from the coca plant, including both powdered cocaine and crack cocaine.</li> </ul>
33	<b>Cocaine Anonymous</b>	<ul style="list-style-type: none"> <li>Cocaine Anonymous, or C.A., is a Twelve Step Program to help people suffering from an addiction to cocaine and other mind-altering substances.</li> </ul>	<ul style="list-style-type: none"> <li>Cocaine Anonymous, or C.A., is a Twelve Step Program to help people suffering from an addiction to cocaine and other mind-altering substances.</li> </ul>	<ul style="list-style-type: none"> <li>C.A. describes itself as "a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction."</li> <li>In Spanish, there are three camps of thought, one being "Cocaína Anónimos" i.e. similarly as it is used in English or "Cocaínos Anónimos" which would lend itself to "Cocainers" Anonymous, or the more grammatically correct which would be, "Cocainómanos Anónimos" again following the Quebequois form as Manic Cocaine Users Anonymous.</li> </ul>
34	<b>Commitment</b>	<ul style="list-style-type: none"> <li>A strong dedication or obligation to something or someone, often involving a promise or decision that you intend to keep and follow through on over time.</li> </ul>	<ul style="list-style-type: none"> <li>Specific responsibility, service role, or promise that members undertake to support their own recovery and help maintain the functioning of the fellowship.</li> </ul>	<ul style="list-style-type: none"> <li>A member's voluntary responsibility to regularly serve the fellowship or a specific meeting, such as by performing a service role (e.g., chairing meetings, making coffee, setting up, greeting newcomers, or other group tasks).</li> </ul>
35	<b>Common Welfare</b>	<ul style="list-style-type: none"> <li>The overall well-being and collective good of a community or society as a whole, rather than the interests of individuals or specific groups. It emphasizes the shared benefit and prosperity that benefits everyone in a community.</li> </ul>	<ul style="list-style-type: none"> <li>The overall well-being and unity of the entire C.A. fellowship, which must come before individual preferences, because each person's recovery depends on the group's unity and stability.</li> </ul>	
36	<b>Concepts</b>	<ul style="list-style-type: none"> <li>General ideas that helps us think about, talk about, and classify things in the world.</li> </ul>	<ul style="list-style-type: none"> <li>Most commonly refers to the Twelve Concepts for World Service, which are guiding principles that define the structure, responsibilities, and processes of service within the fellowship.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
37	<b>Conference</b>	<ul style="list-style-type: none"> <li>A formal meeting where people gather to discuss ideas, problems or topics of shared interest, often related to a specific subject.</li> </ul>	<ul style="list-style-type: none"> <li>The World Service Conference is the body through which the Fellowship conducts its global service work and decision-making.</li> </ul>	<ul style="list-style-type: none"> <li>The Conference is composed of elected representatives (delegates) from C.A. Groups and Areas, and it meets to discuss and determine matters affecting the Fellowship as a whole.</li> </ul>
38	<b>Consequences</b>	<ul style="list-style-type: none"> <li>The results or effects that follow from an action, decision, or event.</li> </ul>	<ul style="list-style-type: none"> <li>The outcomes or results stemming from an individual's actions, particularly in the context of addiction and recovery.</li> </ul>	
39	<b>Contributions</b>	<ul style="list-style-type: none"> <li>Things a person gives or does—such as ideas, effort, time, or money—to help a project, discussion, organization, or cause.</li> </ul>	<ul style="list-style-type: none"> <li>The voluntary financial donations made by members to support the expenses of the group.</li> </ul>	<ul style="list-style-type: none"> <li>Contributions that are not financial but related to volunteering time and effort is found under “service”.</li> </ul>
40	<b>Convention</b>	<ul style="list-style-type: none"> <li>An event organized for people sharing a particular interest, typically featuring talks, guest speakers, the sale of merchandise, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Refers to a planned gathering or event organized by members or service committees of Cocaine Anonymous (C.A.) to foster recovery, unity, service within the fellowship and under some circumstances to raise funds.</li> </ul>	<ul style="list-style-type: none"> <li>Refer to “conference” for the annual business gathering of Cocaine Anonymous.</li> </ul>
41	<b>Courage</b>	<ul style="list-style-type: none"> <li>The mental or moral strength to face fear, difficulty, danger, or pain instead of avoiding it, especially when doing so is necessary to do what is right or important.</li> </ul>	<ul style="list-style-type: none"> <li>The willingness to walk through one's fears, particularly the fears associated with addiction and recovery.</li> </ul>	
42	<b>Crack</b>	<ul style="list-style-type: none"> <li>A potent form of cocaine that is obtained by treating the hydrochloride of cocaine with sodium bicarbonate to create small chips used illicitly for smoking.</li> </ul>	<ul style="list-style-type: none"> <li>Specifically the smokable, freebase form of cocaine, commonly known as “crack cocaine”.</li> </ul>	
43	<b>Craving</b>	<ul style="list-style-type: none"> <li>Craving is a strong, often intense desire or longing for something, especially for a particular food, substance, or experience. It usually feels urgent and can be hard to ignore or resist.</li> </ul>	<ul style="list-style-type: none"> <li>An intense, urgent, and often abnormal desire or longing for cocaine and/or other mind-altering substances.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
44	<b>Craving -Phenomenon of</b>	<ul style="list-style-type: none"> <li>The phrase “phenomenon of craving” refers to craving understood as a noticeable, often recurring psychological and physical event or process—something that can be observed, described, and studied.</li> </ul>	<ul style="list-style-type: none"> <li>A specific and abnormal reaction experienced by individuals with addiction, where once they start using cocaine (or another addictive substance), they develop an uncontrollable physical urge to continue using, which is beyond ordinary desire or willpower to resist.</li> </ul>	<ul style="list-style-type: none"> <li>craving: an intense, urgent, or abnormal desire or longing.</li> <li>phenomenon: an object or aspect known through the senses rather than by thought or intuition.</li> </ul>
45	<b>Defects of Character</b>	<ul style="list-style-type: none"> <li>A person’s habitual negative traits or flaws in their personality—patterns of thinking, feeling, or behaving that cause harm to themselves or others.</li> </ul>	<ul style="list-style-type: none"> <li>Persistent negative personality traits, thought patterns, or behaviors that hinder personal growth, recovery, and healthy relationships.</li> </ul>	<ul style="list-style-type: none"> <li>These defects are often seen as underlying contributors to addictive behaviors and obstacles to maintaining sobriety.</li> </ul>
46	<b>Delegate</b>	<ul style="list-style-type: none"> <li>A person chosen or elected to represent others, especially at a meeting, conference, or in a decision-making body.</li> </ul>	<ul style="list-style-type: none"> <li>An individual elected by a local Area to represent that Area at the Cocaine Anonymous World Service Conference (WSC), carrying the Area’s voice and vote in matters affecting the fellowship as a whole.</li> </ul>	
47	<b>Delegate, Alternate</b>	<ul style="list-style-type: none"> <li>A backup or substitute representative who is chosen in case the primary (regular) delegate cannot attend, vote, or perform their duties.</li> </ul>	<ul style="list-style-type: none"> <li>A member elected by an Area to assist the delegate and to assume the responsibilities of the delegate when necessary, such as if the delegate is unable to fulfill their duties at the World Service Conference or other service functions.</li> </ul>	
48	<b>Denial</b>	<ul style="list-style-type: none"> <li>A refusal or failure to accept something as true, real, or happening.</li> </ul>	<ul style="list-style-type: none"> <li>A psychological defense mechanism in which an individual refuses to recognize or admit the reality or extent of their substance use problem and its consequences.</li> </ul>	<ul style="list-style-type: none"> <li>This denial can be both conscious and unconscious, serving to shield the person from the pain, guilt, or fear associated with acknowledging their addiction.</li> </ul>
49	<b>Detox</b>	<ul style="list-style-type: none"> <li>Short for “detoxification”, to go through a period of removing or abstaining from harmful substances in order to improve health or recover from dependence.</li> </ul>	<ul style="list-style-type: none"> <li>The initial process of stopping the use of cocaine and/or other mind altering substances and allowing the body to eliminate the drug and its byproducts, while managing withdrawal symptoms so that physical dependence can be addressed.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
50	<b>Discipline</b>	<ul style="list-style-type: none"> <li>The ability to control your actions and emotions, follow rules, and stick to plans or goals.</li> </ul>	<ul style="list-style-type: none"> <li>The practice of consistently following recovery habits and maintaining the structure necessary for sobriety, rather than a form of punishment.</li> </ul>	<ul style="list-style-type: none"> <li>It involves adhering to regular routines—such as attending meetings, working the Twelve Steps, and developing healthy habits under the guidance of a sponsor—to support ongoing recovery.</li> </ul>
51	<b>Disease</b>	<ul style="list-style-type: none"> <li>A condition in which part or all of the body or mind is not working normally, causing specific signs and symptoms and usually interfering with a person’s health and well-being.</li> </ul>	<ul style="list-style-type: none"> <li>Disease refers to addiction as an ongoing, progressive, and incurable but treatable condition that affects a person physically, mentally, and spiritually.</li> </ul>	
52	<b>Distorted/So distorted was our reality</b>	<ul style="list-style-type: none"> <li>Distorted: changed from its original, normal, or true shape, sound, or meaning in a way that makes it unclear, inaccurate, or wrong.</li> <li>So distorted was our reality: means that the way you were experiencing or understanding the world was extremely warped, twisted, or far from the truth.</li> </ul>	<ul style="list-style-type: none"> <li>Distorted: refers to the warped or inaccurate ways in which addiction alters a person's mindset, self-image, and view of reality.</li> <li>So distorted was our reality: It emphasizes how cocaine (or other drugs) warps an addict's sense of truth, relationships, emotions, and daily life.</li> </ul>	<ul style="list-style-type: none"> <li>This distortion is seen as a core symptom of the disease of addiction, leading to denial, rationalization, and self-destructive behaviors.</li> </ul>
53	<b>Drugs</b>	<ul style="list-style-type: none"> <li>A drug is any substance that alters the body’s physiological or psychological functions when consumed. This includes substances that can change how you feel, think, or behave, as well as those used to treat, prevent, or diagnose diseases.</li> </ul>	<ul style="list-style-type: none"> <li>Broadly refers to cocaine and all other mind-altering substances, including alcohol and marijuana.</li> </ul>	
54	<b>Dues or fees</b>	<ul style="list-style-type: none"> <li>Payments that a person or organization is required (or expected) to make, usually on a regular basis, in return for membership, services, or participation.</li> </ul>	<ul style="list-style-type: none"> <li>Payments that a person or organization is required (or expected) to make, usually on a regular basis, in return for membership, services, or participation. Cocaine Anonymous explicitly states that there are NO dues or fees for membership.</li> </ul>	<ul style="list-style-type: none"> <li>Membership is open to anyone with a desire to stop using cocaine and all other mind-altering substances, and the program is fully self-supporting through voluntary contributions from its members.</li> </ul>
55	<b>Easy does it</b>	<ul style="list-style-type: none"> <li>“Easy does it” is an idiom used to tell someone to slow down, be gentle, or proceed carefully—often when handling something delicate or when someone is rushing or getting agitated.</li> </ul>	<ul style="list-style-type: none"> <li>A slogan that encourages individuals in recovery to take things slowly, avoid rushing, and approach the process of sobriety with patience, self-compassion, and moderation.</li> </ul>	<ul style="list-style-type: none"> <li>It is a reminder not to overdo things, to avoid unnecessary stress or perfectionism, and to trust the gradual process of recovery.</li> </ul>

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
56	<b>Experience</b>	<ul style="list-style-type: none"> <li>Practical knowledge, skill, or practice gained from direct observation of or participation in events or in a particular activity.</li> </ul>	<ul style="list-style-type: none"> <li>The personal stories, challenges, and insights that individuals have gained as a result of their addiction, recovery journey, and participation in the Twelve Steps.</li> </ul>	<ul style="list-style-type: none"> <li>Members share their experience with one another to offer support, guidance, and hope within the fellowship.</li> </ul>
57	<b>Experience, Strength and Hope</b>	<ul style="list-style-type: none"> <li>Experience: practical knowledge, skill, or practice gained from direct observation of or participation in events or in a particular activity.</li> <li>Strength: <ul style="list-style-type: none"> <li>General: The quality or state of being strong—capacity to exert force, endure, or be effective.</li> <li>Mental/emotional: Resilience, self-control, and the ability to cope with stress or adversity.</li> <li>Moral/character: Firmness of principles; courage to do what's right.</li> </ul> </li> <li>Hope: A desire for a certain outcome combined with some expectation that it is possible.</li> </ul>	<ul style="list-style-type: none"> <li>"Experience, Strength and Hope" refers to what recovering members share with each other to support sobriety: their past experience with addiction, the strength gained through recovery (often via the 12 Steps and fellowship), and hope for a better future.</li> </ul>	
58	<b>Faith</b>	<ul style="list-style-type: none"> <li>Confident trust or belief in someone or something, often without complete proof, and/or trust in God or the sacred and acceptance of spiritual truths.</li> </ul>	<ul style="list-style-type: none"> <li>A belief or trust in something—specifically, it usually means believing in a Power greater than oneself that can restore a person to sanity and help in recovery.</li> </ul>	<ul style="list-style-type: none"> <li>This faith does not require adherence to any particular religion or dogma; rather, each member is encouraged to find a "Higher Power" of their own understanding.</li> </ul>
59	<b>Fellowship</b>	<ul style="list-style-type: none"> <li>Community of interest, activity, feeling, or experience</li> </ul>	<ul style="list-style-type: none"> <li>The community of people in recovery who come together to support each other.</li> </ul>	<ul style="list-style-type: none"> <li>People meeting regularly, sharing their experience, strength, and hope, and helping one another stay clean and work the 12-Step program.</li> </ul>
60	<b>Fine-tuned</b>	<ul style="list-style-type: none"> <li>Adjusted with great precision; optimized or highly refined.</li> </ul>	<ul style="list-style-type: none"> <li>How addicts once prided themselves on their mental acuity or alertness during their addiction.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
61	<b>Forgiveness</b>	<ul style="list-style-type: none"> <li>The deliberate decision to release resentment, anger, or the claim to retribution or repayment against someone (or oneself) for a wrong, while acknowledging the harm.</li> </ul>	<ul style="list-style-type: none"> <li>Forgiveness is defined as the intentional process of letting go of resentment, anger, and negative feelings—both toward oneself and others.</li> </ul>	
62	<b>Free base</b>	<ul style="list-style-type: none"> <li>The pure, non-salt form of a drug (most often cocaine) that can be vaporized and smoked. In this form, the drug is more volatile and reaches the brain faster, producing a more intense, rapid high.</li> </ul>	<ul style="list-style-type: none"> <li>The pure, non-salt form of a drug (most often cocaine) that can be vaporized and smoked. In this form, the drug is more volatile and reaches the brain faster, producing a more intense, rapid high.</li> </ul>	
63	<b>Getting high</b>	<ul style="list-style-type: none"> <li>Experiencing a change in mood, perception, or consciousness after using a substance (such as alcohol, cannabis, cocaine, or other drugs) that affects the brain.</li> </ul>	<ul style="list-style-type: none"> <li>Experiencing a change in mood, perception, or consciousness after using cocaine or any other mind-altering substance.</li> </ul>	
64	<b>Getting loaded</b>	<ul style="list-style-type: none"> <li>Filled or heavily supplied with something,</li> </ul>	<ul style="list-style-type: none"> <li>Experiencing a change in mood, perception, or consciousness after using cocaine or any other mind-altering substance.</li> </ul>	
65	<b>Gift(s)</b>	<ul style="list-style-type: none"> <li>Something voluntarily given to another person without expecting payment or anything in return.</li> </ul>	<ul style="list-style-type: none"> <li>The positive results or benefits received through working the Twelve Steps.</li> </ul>	<ul style="list-style-type: none"> <li>Especially the experience of recovery, spiritual awakening, and the transformation that comes from sobriety.</li> </ul>
66	<b>God</b>	<ul style="list-style-type: none"> <li>The ultimate reality or highest being/principle regarded as worthy of worship and the source or ground of all that exists.</li> </ul>	<ul style="list-style-type: none"> <li>A Higher Power of each individual's own understanding—a loving, spiritual force or entity greater than oneself that can restore sanity and support recovery, without any required religious dogma.</li> </ul>	
67	<b>God of your own understanding</b>	<ul style="list-style-type: none"> <li>A personal, individual concept of a higher power—defined by one's own beliefs and experience rather than by a fixed creed. It allows people to relate to "God" in a way that makes sense to them.</li> </ul>	<ul style="list-style-type: none"> <li>A personalized concept of a higher power, which each individual is free to define for themselves. This higher power does not have to be the traditional God of any religion and can instead be any force, presence, or idea greater than oneself that offers support and guidance in recovery.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
68	<b>Group Conscious</b>	<ul style="list-style-type: none"> <li>A shared awareness among members of a group of their common identity, interests, and situation, which can motivate coordinated attitudes or action.</li> </ul>	<ul style="list-style-type: none"> <li>The collective decision-making process by which a group determines its actions and policies, guided by the shared principles of the fellowship.</li> </ul>	<ul style="list-style-type: none"> <li>Tradition 2: For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.</li> </ul>
69	<b>GSR</b>	<ul style="list-style-type: none"> <li>Acronym for “General Service Representative”</li> </ul>	<ul style="list-style-type: none"> <li>GSR stands for Group Service Representative. This is a member elected by a local group to serve as the link between the individual group and the broader area or service structure of Cocaine Anonymous.</li> </ul>	
70	<b>H&amp;I</b>	<ul style="list-style-type: none"> <li>Acronym for “Hospitals and Institutions”</li> </ul>	<ul style="list-style-type: none"> <li>A service committee whose sole purpose is to carry the message of recovery to individuals who are confined—either voluntarily or involuntarily—in settings such as correctional facilities, hospitals, detox units, juvenile detention centers, half-way houses, and shelters, whether governmental or private.</li> </ul>	
71	<b>Higher Power</b>	<ul style="list-style-type: none"> <li>Anything a person understands as a source of strength, guidance, or support greater than themselves.</li> </ul>	<ul style="list-style-type: none"> <li>Any force, entity, or principle greater than oneself that can provide strength, guidance, and hope during recovery.</li> </ul>	<ul style="list-style-type: none"> <li>It is intentionally left open to personal interpretation and can be defined as anything each individual finds meaningful—whether that is a traditional God, a spiritual force, the recovery group itself, nature, or something else.</li> </ul>
72	<b>Home Group</b>	<ul style="list-style-type: none"> <li>Commonly refers to a small regularly meeting group that provides a sense of belonging and accountability.</li> </ul>	<ul style="list-style-type: none"> <li>The specific meeting that an individual commits to attending regularly and considers their primary recovery community. Members participate consistently in this group, build deeper relationships, take on responsibilities, and are recognized and supported by fellow members.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
73	<b>Honesty</b>	<ul style="list-style-type: none"> <li>The quality of being truthful and free from deceit—aligning your words and actions with the facts and your commitments. Not lying, cheating, or stealing; representing information accurately.</li> </ul>	<ul style="list-style-type: none"> <li>The spiritual principle of telling the truth and facing reality—especially about one’s addiction, motives, and actions—so recovery can begin and continue.</li> </ul>	<ul style="list-style-type: none"> <li>Admitting powerlessness and unmanageability rather than denying or minimizing use.</li> <li>Being truthful with oneself, a sponsor, and the group (no secrets about slips, cravings, or behavior).</li> <li>Accurate, thorough self-examination and admission in Steps Four and Five; promptly admitting wrongs in Step Ten; truthful amends in Step Nine.</li> <li>Living with integrity in all affairs (finances, relationships, service), not manipulating or deceiving.</li> <li>Practiced with humility and care (not “brutal” honesty), aiming for progress, not perfection.</li> </ul>
74	<b>Hope</b>	<ul style="list-style-type: none"> <li>A feeling of expectation, trust, or confidence that a positive outcome is possible.</li> </ul>	<ul style="list-style-type: none"> <li>The conviction, grounded in the shared experiences of other addicts, that a cocaine addict can recover and live a new life through this spiritual program.</li> </ul>	
75	<b>Hope, Faith and Courage</b>	<ul style="list-style-type: none"> <li>Hope: A feeling of expectation, trust, or confidence that a positive outcome is possible.</li> <li>Faith: Confident trust or belief in someone or something, often without complete proof, and/or trust in God or the sacred and acceptance of spiritual truths.</li> <li>Courage: That quality of mind which shows itself in facing danger without fear or shrinking; bravery, boldness, valor.</li> </ul>	<ul style="list-style-type: none"> <li>Hope, Faith, and Courage” names core spiritual attitudes that make recovery possible—and it’s also the title of Cocaine Anonymous’ book of member stories (Hope, Faith &amp; Courage). <ul style="list-style-type: none"> <li>Hope: The felt possibility of sobriety and a better life, sparked by hearing others’ stories and seeing recovery work.</li> <li>Faith: Trust in a Higher Power (as understood), the Twelve Steps, sponsorship, and the fellowship—shown by taking suggested actions even before full understanding.</li> <li>Courage: Acting despite fear—showing up, asking for help, telling the truth, working the Steps (inventory, amends), and living sober one day at a time.</li> </ul> </li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
76	<b>Honesty, Open-Mindedness and Willingness</b>	<ul style="list-style-type: none"> <li>• <b>Honesty:</b> the quality of being truthful and free from deceit—aligning your words and actions with the facts and your commitments. Not lying, cheating, or stealing; representing information accurately.</li> <li>• <b>Open-Mindedness:</b> readiness to consider new ideas, evidence, and perspectives, and to revise one’s views when warranted, while applying thoughtful, critical judgment.</li> <li>• <b>Willingness:</b> the state or quality of being prepared to do something—voluntarily and without undue reluctance. It’s an open, consenting readiness to act or try, even when it’s uncomfortable or uncertain.</li> </ul>	<ul style="list-style-type: none"> <li>• Refers to three fundamental spiritual principles considered essential for recovery from addiction. <ul style="list-style-type: none"> <li>◦ <b>Honesty:</b> telling the truth and facing reality about addiction, behavior, and consequences (with self, sponsor, and group).</li> <li>◦ <b>Open-Mindedness:</b> a willingness to consider new ideas, perspectives, and solutions, especially regarding overcoming addiction and embracing change.</li> <li>◦ <b>Willingness:</b> readiness to take the suggested actions—meetings, sponsorship, working the Steps, service—even when uncomfortable.</li> </ul> </li> </ul>	
77	<b>Hospitals and Institutions</b>	<ul style="list-style-type: none"> <li>• <b>Hospital:</b> a facility where people receive medical care, diagnosis, and treatment from trained health professionals.</li> <li>• <b>Institutions:</b> residential or inpatient care in a structured, staffed setting (e.g., hospital, psychiatric facility, chemical dependency).</li> </ul>	<ul style="list-style-type: none"> <li>• A service committee whose sole purpose is to carry the message of recovery to individuals who are confined—either voluntarily or involuntarily—in settings such as correctional facilities, hospitals, detox units, juvenile detention centers, half-way houses, and shelters, whether governmental or private.</li> </ul>	
78	<b>Host of friends</b>	<ul style="list-style-type: none"> <li>• A large number of friends; many friends.</li> </ul>	<ul style="list-style-type: none"> <li>• The large and supportive fellowship that develops among members as they recover from addiction. It describes the sense of community, connection, and mutual support found within the C.A. fellowship.</li> </ul>	
79	<b>Hotline</b>	<ul style="list-style-type: none"> <li>• Public service line for immediate help or information.</li> </ul>	<ul style="list-style-type: none"> <li>• A dedicated telephone service staffed by C.A. volunteers that provides immediate support, information, and guidance to individuals seeking help with cocaine addiction.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
80	<b>Humility</b>	<ul style="list-style-type: none"> <li>A grounded, non-pretentious attitude that recognizes one’s strengths and limits accurately, values others, and stays teachable.</li> </ul>	<ul style="list-style-type: none"> <li>A realistic self-appraisal, willingness to ask for help, and a readiness to surrender personal will to a Higher Power in order to recover and help others do the same.</li> </ul>	
81	<b>In all our affairs</b>	<ul style="list-style-type: none"> <li>Including all aspects of our lives such as business, responsibilities, management of property, finances, or an estate, romantic and sexual relationships, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Applying the spiritual principles learned through the Twelve Steps and Twelve Traditions to every aspect of daily life—not just in meetings or when dealing with addiction, but in all personal, professional, and social situations.</li> </ul>	
82	<b>Inventory</b>	<ul style="list-style-type: none"> <li>To make a complete list of; to catalog; to take stock of.</li> </ul>	<ul style="list-style-type: none"> <li>Conducting a deep, honest, and courageous self-examination – looking closely at one’s thoughts, actions, and motivations to understand and take responsibility for personal shortcomings, patterns, and behaviors.</li> </ul>	
83	<b>Integrity</b>	<ul style="list-style-type: none"> <li>Adherence to moral and ethical principles; honesty and consistency between one’s values, words, and actions—doing the right thing even when no one is watching.</li> </ul>	<ul style="list-style-type: none"> <li>The practice of aligning one’s actions, thoughts, and words with the spiritual principles of the 12 Steps, such as honesty, humility, and responsibility.</li> </ul>	
84	<b>Keep coming back</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>A common saying in C.A. of encouragement to continue attending meetings and participating in the fellowship, regardless of challenges, setbacks, or personal feelings.</li> </ul>	<ul style="list-style-type: none"> <li>It reflects the core belief that consistent involvement and connection with the group are essential for sustained recovery.</li> </ul>
85	<b>Literature</b>	<ul style="list-style-type: none"> <li>Written printed or digital content of any kind; books, leaflets, brochures, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Refers to the written materials approved by the fellowship for use in providing guidance, inspiration, and practical tools for working the 12-step program, fostering spiritual growth, and maintaining sobriety.</li> </ul>	<ul style="list-style-type: none"> <li>Some examples include: <ul style="list-style-type: none"> <li>Alcoholics Anonymous (The Big Book)</li> <li>Twelve Steps and Twelve Traditions (12&amp;12) A.A.</li> <li>Hope, Faith &amp; Courage I &amp; II</li> <li>Pamphlets and Booklets</li> <li>CA Service Manual</li> </ul> </li> </ul>

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
86	<b>May express himself</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>The phrase "may express Himself" (as in "a loving God as He may express Himself in our group conscience") means that the ultimate authority for group decisions is believed to be a Higher Power, whose will or guidance is understood to manifest through the collective decision-making process of the group.</li> </ul>	
87	<b>Meditation</b>	<ul style="list-style-type: none"> <li>A practice of focused mental exercise: A technique involving concentration, mindfulness, or contemplation to achieve mental clarity, emotional calm, or spiritual awareness.</li> </ul>	<ul style="list-style-type: none"> <li>A spiritual practice used to improve one's conscious contact with a Higher Power.</li> </ul>	
88	<b>Meeting</b>	<ul style="list-style-type: none"> <li>A gathering of people at a set time and place to discuss, decide, share information, or work on something together.</li> </ul>	<ul style="list-style-type: none"> <li>A gathering where two or more people come together to share their experience, strength, and hope with each other, aiming to support recovery from cocaine and other mind-altering substances</li> </ul>	
89	<b>Member</b>	<ul style="list-style-type: none"> <li>A person or thing that belongs to a group, organization, body, or class.</li> </ul>	<ul style="list-style-type: none"> <li>Any individual who has a desire to stop using cocaine and all other mind-altering substances and participates in the C.A. fellowship to support their recovery through the 12-step program.</li> </ul>	
90	<b>Membership</b>	<ul style="list-style-type: none"> <li>The state or status of being a member of a group or organization.</li> </ul>	<ul style="list-style-type: none"> <li>The status of being part of the C.A. fellowship, which is open to any individual who expresses a desire to stop using cocaine and all other mind-altering substances.</li> </ul>	<ul style="list-style-type: none"> <li>Tradition 3: "The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances."</li> </ul>
91	<b>Mind Altering Substances</b>	<ul style="list-style-type: none"> <li>Mind-altering substances (psychoactive substances): chemicals that affect the central nervous system and change mental states—altering perception, mood, consciousness, cognition, or behavior.</li> </ul>	<ul style="list-style-type: none"> <li>Refers to any substance—whether legal, illegal, prescription, or over-the-counter—that can change a person's mental state, mood, perception, or behavior.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
92	<b>Moment of Clarity</b>	<ul style="list-style-type: none"> <li>• A brief period of unusually clear, rational thinking amid confusion, strong emotion, intoxication, or mental illness.</li> </ul>	<ul style="list-style-type: none"> <li>• A brief but profound period in which an individual struggling with addiction gains a deep, honest awareness of their condition and recognizes the gravity of their addiction, often realizing that their life has become unmanageable and that change is necessary.</li> </ul>	
93	<b>Money, Property &amp; Prestige</b>	<ul style="list-style-type: none"> <li>• Money: Any asset that is generally accepted as payment for goods and services and in settlement of debts.</li> <li>• Property: Anything that someone owns; the legal rights to possess, use, and dispose of a resource.</li> <li>• Prestige: Widespread respect and admiration, the reputation, influence, or status that comes from success, achievement, rank, or other favorable qualities.</li> </ul>	<ul style="list-style-type: none"> <li>• Potential distractions or sources of conflict that can divert the fellowship from its primary purpose: helping addicts achieve and maintain sobriety</li> </ul>	<ul style="list-style-type: none"> <li>• Tradition 6: A C.A. group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.</li> </ul>
94	<b>Moral Inventory</b>	<ul style="list-style-type: none"> <li>• Moral: <ul style="list-style-type: none"> <li>◦ Relating to principles of right and wrong conduct; ethical.</li> <li>◦ A person's standards of right behavior.</li> </ul> </li> <li>• Inventory: To make a complete list of; to catalog; to take stock of.</li> </ul>	<ul style="list-style-type: none"> <li>• A structured, written, or reflective process where a C.A. member examines their life to identify character defects (e.g., resentment, selfishness, dishonesty), harmful actions, and emotional triggers that contribute to their addiction to cocaine and other mind-altering substances.</li> </ul>	<ul style="list-style-type: none"> <li>• Step 4: "Made a searching and fearless moral inventory of ourselves."</li> </ul>
95	<b>Newcomer</b>	<ul style="list-style-type: none"> <li>• A person who has recently arrived or joined a place, group, or activity; a beginner or first-timer.</li> </ul>	<ul style="list-style-type: none"> <li>• Someone who is new to the fellowship, typically attending meetings for the first time or at the beginning stages of their recovery journey.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
96	<b>Nonprofit</b>	<ul style="list-style-type: none"> <li>Not conducted for profit: Describing an organization that operates without the goal of making financial profit for owners, shareholders, or members.</li> <li>In the United States designating entities that qualify for special tax status because they serve public or charitable purposes.</li> </ul>	<ul style="list-style-type: none"> <li>The use of "nonprofit" in C.A. underscores the organization's commitment to operating without profit motive, ensuring that all resources and efforts are directed toward the primary mission of helping individuals recover from addiction rather than generating revenue or financial gain for any individuals or entities.</li> </ul>	
97	<b>Obsession of the mind</b>	<ul style="list-style-type: none"> <li>A persistent, dominating preoccupation with a person, idea, or activity—often excessive or unhealthy—that repeatedly intrudes on one's thoughts.</li> </ul>	<ul style="list-style-type: none"> <li>The persistent, recurring, and often irrational thoughts about using cocaine or other mind-altering substances, which override an individual's ability to reason or control their behavior, even when they are aware of the negative consequences.</li> </ul>	<ul style="list-style-type: none"> <li>In the context of Cocaine Anonymous, the term "obsession of the mind" is synonymous with the mental obsession, a critical concept in C.A.'s understanding of addiction as a threefold illness (physical, mental, spiritual).</li> </ul>
98	<b>Old-timers</b>	<ul style="list-style-type: none"> <li>Experienced veterans: People who have been around for a long time and have extensive experience in a particular field or place.</li> </ul>	<ul style="list-style-type: none"> <li>Members who have maintained long-term sobriety, sustained participation in the program and embody the program's spiritual principles, regardless of their chronological age.</li> </ul>	
99	<b>One day at a time</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>Common saying in the recovery community that believes in focusing on maintaining sobriety just for today, living in the present moment, without being overwhelmed by the idea of staying sober for a lifetime or even for extended periods.</li> </ul>	
100	<b>Open Mindedness</b>	<ul style="list-style-type: none"> <li>Readiness to consider new ideas, evidence, and perspectives, and to revise one's views when warranted, while applying thoughtful, critical judgment.</li> </ul>	<ul style="list-style-type: none"> <li>A spiritual principle essential to recovery, meaning a willingness to consider new ideas, perspectives, and solutions, especially regarding overcoming addiction and embracing change.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
101	<b>Outside Issue</b>	<ul style="list-style-type: none"> <li>Generally refers to any subject, problem, or matter that is not directly related to the main purpose, focus, or scope of a particular group, discussion, or organization.</li> </ul>	<ul style="list-style-type: none"> <li>Any matter—political, religious, social, or otherwise—that does not directly relate to C.A.’s primary purpose of carrying the message to addicts who still suffer.</li> </ul>	
102	<b>Power Greater than Ourselves</b>	<ul style="list-style-type: none"> <li>Anything a person understands as a source of strength, guidance, or support greater than themselves.</li> </ul>	<ul style="list-style-type: none"> <li>Any force, entity, or principle greater than oneself that can provide strength, guidance, and hope during recovery; it is intentionally left open to personal interpretation and can be defined as anything each individual finds meaningful—whether that is a traditional God, a spiritual force, the recovery group itself, nature, or something else.</li> </ul>	
103	<b>Powerless</b>	<ul style="list-style-type: none"> <li>Lacking power or ability: Without the strength, authority, or means to act or influence something.</li> <li>Unable to control or prevent: Helpless in the face of circumstances or events.</li> </ul>	<ul style="list-style-type: none"> <li>Recognizing that by your own willpower you cannot reliably control starting, stopping, or the amount you use of cocaine (and other mind-altering substances), and that attempts to manage, moderate, or quit consistently fail despite consequences.</li> </ul>	
104	<b>Preamble</b>	<ul style="list-style-type: none"> <li>A preliminary or preparatory statement, especially the introduction to a formal document that explains its purpose and underlying philosophy.</li> </ul>	<ul style="list-style-type: none"> <li>A brief introductory statement read at meetings that outlines the core purpose, principles, and membership requirements of the fellowship.</li> </ul>	
105	<b>Primary Purpose</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>The group's fundamental mission: to carry the message of recovery to the addict who still suffers and to help people recover from addiction through the program of Cocaine Anonymous.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
106	<b>Principles</b>	<ul style="list-style-type: none"> <li>A moral rule or standard: A personal code of conduct or belief about right and wrong.</li> </ul>	<ul style="list-style-type: none"> <li>The fundamental truths, values, or standards that guide members' behavior and recovery, as outlined in the Twelve Steps, Twelve Traditions, and the Twelve Concepts of Cocaine Anonymous.</li> </ul>	
107	<b>Program</b>	<ul style="list-style-type: none"> <li>A systematic plan of action: An organized effort to achieve a goal.</li> </ul>	<ul style="list-style-type: none"> <li>The structured set of guiding principles and actions known as the Twelve Steps, which members follow to achieve and maintain recovery from cocaine and other mind-altering substance addictions.</li> </ul>	
108	<b>Progressive Illness</b>	<ul style="list-style-type: none"> <li>Progressive: Growing or becoming more severe over time, happening or developing gradually, advancing.</li> <li>Illness: a state in which a person's body or mind is not functioning normally, causing symptoms, discomfort, or impaired ability to live and function as usual.</li> </ul>	<ul style="list-style-type: none"> <li>The understanding that addiction is a disease that worsens over time if left untreated.</li> </ul>	<ul style="list-style-type: none"> <li>This means that the symptoms, behaviors, and negative consequences associated with addiction—such as loss of control, increased cravings, physical and mental health deterioration, and social or occupational problems—tend to intensify and become more severe as time passes without intervention.</li> </ul>
109	<b>Public Information</b>	<ul style="list-style-type: none"> <li>Information that is available to or intended for the general public; data, facts, or knowledge that is accessible to everyone and not restricted or confidential.</li> </ul>	<ul style="list-style-type: none"> <li>Public Information (PI) refers to the organized efforts by the fellowship to carry the message of recovery to the still-suffering addict and to inform the general public, professionals, and community groups that are affected by addiction about Cocaine Anonymous.</li> </ul>	
110	<b>Public Media</b>	<ul style="list-style-type: none"> <li>Publicly owned or funded multi-platform media organizations that provide impartial news, education, and entertainment to serve the public interest, independent of commercial or state control.</li> </ul>	<ul style="list-style-type: none"> <li>Public Media refers to the channels of communication—such as press, radio, television, films, digital content and platforms—through which information about the fellowship may become known to the general public.</li> </ul>	<ul style="list-style-type: none"> <li>Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of all public media.</li> </ul>

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
111	<b>Recovery</b>	<ul style="list-style-type: none"> <li>Recovery is the process of returning to a normal or healthy state after illness, injury, difficulty, or loss.</li> </ul>	<ul style="list-style-type: none"> <li>A lifelong process achieved through abstinence from cocaine and all mind-altering substances, combined with working the Twelve Steps, Traditions, and active participation in the fellowship</li> </ul>	
112	<b>Relapse</b>	<ul style="list-style-type: none"> <li>The return of symptoms of a disease after a period of improvement or apparent recovery</li> <li>A return to using drugs or alcohol after a period of abstinence or sobriety.</li> </ul>	<ul style="list-style-type: none"> <li>A return to using cocaine and/or any mind altering substances after a period of abstinence or sobriety.</li> </ul>	
113	<b>Religious</b>	<ul style="list-style-type: none"> <li>Connected with or involving religion; pertaining to religious beliefs, practices, or institutions.</li> </ul>	<ul style="list-style-type: none"> <li>The formal, doctrinal affiliations that the program deliberately avoids to remain accessible to all.</li> </ul>	
114	<b>Resentment</b>	<ul style="list-style-type: none"> <li>A feeling of anger, bitterness, or indignation toward someone or something because of unfair treatment, insult, injury, or perceived wrong. Typically persists over time.</li> </ul>	<ul style="list-style-type: none"> <li>A persistent feeling of bitterness, ill will, or anger toward people, institutions, or situations—often stemming from real or perceived wrongs.</li> </ul>	<ul style="list-style-type: none"> <li>It is considered a recurring emotional state that addicts “re-feel” repeatedly, leading to cycles of negativity and bitterness that can threaten sobriety and recovery.</li> </ul>
115	<b>Restless, Irritable and Discontented</b>	<ul style="list-style-type: none"> <li>Restless: uneasy, anxious, or unable to remain calm; feeling agitated or unsettled.</li> <li>Irritable: easily annoyed, angered, or provoked; having a short temper.</li> <li>Discontented: Unhappy or dissatisfied with one’s situation or circumstances. Lacking contentment; feeling that something is wrong or missing; not pleased with how things are.</li> </ul>	<ul style="list-style-type: none"> <li>A persistent emotional state common among people with addiction, especially when they are not actively using but have not yet found emotional or spiritual recovery through the program.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
116	<b>Restore us to Sanity</b>	<ul style="list-style-type: none"> <li>Restore: a return something to its previous state, especially after damage, deterioration, or loss. To return someone or something to a healthy, vigorous, or functional state.</li> <li>Sanity: sound, rational thinking and healthy decision-making—the ability to live reasonably and manage one's life effectively.</li> </ul>	<ul style="list-style-type: none"> <li>The recovery of clear, rational thinking and the removal of the mental obsession with substance use.</li> </ul>	<ul style="list-style-type: none"> <li>This phrase, which appears in Step 2 of the program, does not mean that someone has gone completely insane, but rather describes a specific psychological condition created by addiction.</li> </ul>
117	<b>Rigorous honesty</b>	<ul style="list-style-type: none"> <li>Rigorous: extremely thorough, careful, and accurate.</li> <li>Honesty: the quality of being truthful and free from deceit—aligning your words and actions with the facts and your commitments. Not lying, cheating, or stealing; representing information accurately.</li> </ul>	<ul style="list-style-type: none"> <li>A complete, unwavering commitment to absolute truthfulness with oneself and others, essential for overcoming denial and achieving lasting recovery.</li> </ul>	
118	<b>Sanity</b>	<ul style="list-style-type: none"> <li>Sound, rational thinking and healthy decision-making—the ability to live reasonably and manage one's life effectively.</li> </ul>	<ul style="list-style-type: none"> <li>Clear, rational thinking and the removal of the mental obsession with substance use.</li> </ul>	<ul style="list-style-type: none"> <li>Within the program, individuals struggling with cocaine and other mind-altering substances are considered "insane" not in a clinical sense, but because despite their knowledge of the harm that drugs are causing them, they are unable to stop using.</li> </ul>
119	<b>Self-centered</b>	<ul style="list-style-type: none"> <li>Concerned primarily or excessively with oneself and one's own interests, needs, or welfare; lacking consideration for others.</li> </ul>	<ul style="list-style-type: none"> <li>A state where an individual's own needs, desires, and wishes become the sole focus and main priority, leaving little meaningful consideration for others or the wider world.</li> </ul>	
120	<b>Self-seeking</b>	<ul style="list-style-type: none"> <li>Concerned only or primarily with pursuing one's own interests, advantage, or gain; acting for personal benefit without regard for others.</li> </ul>	<ul style="list-style-type: none"> <li>Primarily referring to a core defect of character tied to addiction's ego-driven nature, where individuals pursue personal gain, recognition, or desires at others' expense, fueling fear, resentment, and self-will.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
122	<b>Self-supporting</b>	<ul style="list-style-type: none"> <li>• Able to support oneself financially without help from others; earning enough money to pay for one's own expenses.</li> <li>• Not requiring financial assistance from family, government, or other sources.</li> </ul>	<ul style="list-style-type: none"> <li>• That each group covers its own expenses entirely through voluntary contributions from its members and does not accept outside donations or financial support from non-members.</li> </ul>	<ul style="list-style-type: none"> <li>• Tradition 7: "Every C.A. group ought to be fully self-supporting, declining outside contributions."</li> </ul>
123	<b>Selfish</b>	<ul style="list-style-type: none"> <li>• Concerned excessively or exclusively with oneself; seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others.</li> </ul>	<ul style="list-style-type: none"> <li>• Concerned excessively or exclusively with oneself; seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others.</li> </ul>	
124	<b>Serenity</b>	<ul style="list-style-type: none"> <li>• The state of being calm, peaceful, and untroubled; tranquility of mind and spirit.</li> </ul>	<ul style="list-style-type: none"> <li>• The inner peace, calm, and emotional stability achieved through the spiritual principles of the program of Cocaine Anonymous.</li> </ul>	
125	<b>Service</b>	<ul style="list-style-type: none"> <li>• Assistance, help, or work provided to benefit others.</li> </ul>	<ul style="list-style-type: none"> <li>• Any action taken to help the fellowship carry its message of recovery and support other addicts, without seeking personal reward.</li> </ul>	<ul style="list-style-type: none"> <li>• Some examples: helping set up for a meeting, talking to newcomers, making coffee, sponsoring, being a GSR, doing H&amp;I panels and serving at the World Conference level.</li> </ul>
126	<b>Service Boards</b>	<ul style="list-style-type: none"> <li>• A governing or administrative body responsible for overseeing the operations, policies, and services of an organization, agency, or institution.</li> </ul>	<ul style="list-style-type: none"> <li>• In Cocaine Anonymous, "service boards" refers to administrative committees or governing bodies created at various levels (Group, District, Area, World) to handle practical service responsibilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Tradition 9: C.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.</li> </ul>
127	<b>Shortcomings</b>	<ul style="list-style-type: none"> <li>• Faults, defects, or imperfections in someone's character or in something's quality; areas where someone or something fails to meet expectations or standards.</li> </ul>	<ul style="list-style-type: none"> <li>• The character defects or unhelpful patterns in our thoughts, feelings, and behavior that block us from living sober, honest, and spiritually grounded lives.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
128	<b>Snort/Snorting</b>	<ul style="list-style-type: none"> <li>Primary meaning in drug context: The act of inhaling powdered drugs (especially cocaine, heroin, methamphetamine, or crushed prescription pills) through the nose.</li> </ul>	<ul style="list-style-type: none"> <li>The act of inhaling cocaine powder through the nose, where it is absorbed into the bloodstream through the nasal tissues.</li> </ul>	
129	<b>Sobriety/Sober</b>	<ul style="list-style-type: none"> <li>Not being under the influence of alcohol or other mind-altering drugs.</li> </ul>	<ul style="list-style-type: none"> <li>Continuous abstinence from cocaine and all other mind altering substances through the emotional and spiritual principles of the program.</li> </ul>	
130	<b>Solution, there is a..</b>	<ul style="list-style-type: none"> <li>Solution: A means of solving a problem or dealing with a difficult situation.</li> </ul>	<ul style="list-style-type: none"> <li>The spiritual and practical program of recovery that can relieve the obsession to use and allow someone to live a sane, sober, and useful life.</li> </ul>	
131	<b>Spiritual</b>	<ul style="list-style-type: none"> <li>Concerned with higher values, meaning, purpose, or connection to something greater than oneself.</li> </ul>	<ul style="list-style-type: none"> <li>Seeking and relying on a power greater than oneself, and trying to live by principles that restore sanity, connection, and usefulness.</li> </ul>	
132	<b>Spiritual Awakening</b>	<ul style="list-style-type: none"> <li>A profound shift in consciousness or perception where a person experiences a deeper understanding of themselves, their connection to something greater than themselves, and the nature of reality.</li> </ul>	<ul style="list-style-type: none"> <li>A fundamental change in thinking, attitudes, and outlook that occurs after working through the 12 Steps.</li> </ul>	
133	<b>Spiritual Principles</b>	<ul style="list-style-type: none"> <li>Fundamental values, guidelines, and ethical standards that govern one's spiritual life and personal conduct.</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental values derived from the 12 Steps and 12 Traditions, applied to daily life.</li> </ul>	<ul style="list-style-type: none"> <li>The twelve essential principles of the Cocaine Anonymous program of recovery include honesty, faith, courage, willingness, humility, love, and forgiveness, among others.</li> </ul>
134	<b>Sponsees</b>	<ul style="list-style-type: none"> <li>A person who receives sponsorship; someone who is financially supported, endorsed, or backed by a sponsor.</li> </ul>	<ul style="list-style-type: none"> <li>Any member or newcomer working with a sponsor, receiving guidance through the Twelve Steps, accountability, and support from someone with program experience.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
135	<b>Sponsor</b>	<ul style="list-style-type: none"> <li>A person, organization, or entity that provides financial, material, or moral support to an individual, event, project, or cause.</li> </ul>	<ul style="list-style-type: none"> <li>A sponsor is a recovering addict who shares one-on-one how to maintain sobriety by working the Twelve Steps of C.A.</li> </ul>	<ul style="list-style-type: none"> <li>A sponsor can introduce you to other C.A. members, help you get involved in service and encourage you to participate in Fellowship events, all of which are vital to a successful program of recovery. A sponsor's primary tools are his or her own experience, strength and hope.</li> </ul>
136	<b>Starter Kit</b>	<ul style="list-style-type: none"> <li>A package or collection of basic items, tools, materials, or information needed for a beginner to start a new activity, hobby, project, or endeavor.</li> </ul>	<ul style="list-style-type: none"> <li>A free resource package provided by Cocaine Anonymous World Services to individuals or groups looking to establish a new C.A. meeting.</li> </ul>	
137	<b>Stash</b>	<p>As a noun:</p> <ul style="list-style-type: none"> <li>A hidden supply or store of something.</li> </ul> <p>As a verb:</p> <ul style="list-style-type: none"> <li>To hide or store something in a secret or safe place.</li> </ul>	<ul style="list-style-type: none"> <li>A hidden or reserved supply of cocaine (or other drugs) that addicts obsessively hoard.</li> </ul>	
138	<b>Strength</b>	<ul style="list-style-type: none"> <li>Strength: <ul style="list-style-type: none"> <li>General: The quality or state of being strong—capacity to exert force, endure, or be effective.</li> <li>Mental/emotional: Resilience, self-control, and the ability to cope with stress or adversity.</li> <li>Moral/character: Firmness of principles; courage to do what's right.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>The power we receive—primarily from a Higher Power and the fellowship—to stay clean and face life honestly, one day at a time. It's not about relying on our own willpower alone, but about drawing on spiritual help and support from others in recovery.</li> </ul>	
139	<b>Structure and Bylaws</b>	<ul style="list-style-type: none"> <li>Structure: The organizational framework and formal written rules that govern how an organization operates, makes decisions, and conducts its affairs.</li> <li>Bylaws: guide board actions, help resolve internal disputes, and show funders and regulators that the organization has a clear governance structure.</li> </ul>	<ul style="list-style-type: none"> <li>The organizational framework and formal written rules and guidelines that govern how an organization operates, makes decisions, and conducts its affairs.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
140	<b>Surrender</b>	<ul style="list-style-type: none"> <li>To stop fighting and admit defeat; to give oneself up to enemy forces or authorities.</li> </ul>	<ul style="list-style-type: none"> <li>Stopping the fight to control or manage your using and fully accepting that you are powerless over cocaine and all other mind-altering substances.</li> </ul>	
141	<b>The program</b>	<ul style="list-style-type: none"> <li>A plan of action or procedure.</li> </ul>	<ul style="list-style-type: none"> <li>The fellowship's structured approach to recovery centered on the Twelve Steps and Twelve Traditions of Cocaine Anonymous. It encompasses the entire system of peer support, spiritual principles, and recovery practices that members follow to overcome addiction to cocaine and all other mind-altering substances.</li> </ul>	
142	<b>Traditions</b>	<ul style="list-style-type: none"> <li>An established pattern or practice</li> </ul>	<ul style="list-style-type: none"> <li>The organizational guidelines under which the autonomous groups of C.A. function. They serve as a foundational framework for how C.A. groups operate and maintain unity.</li> </ul>	
143	<b>Treasurer</b>	<ul style="list-style-type: none"> <li>A person responsible for managing the finances and funds of an organization, company, club, government body, or group.</li> </ul>	<ul style="list-style-type: none"> <li>A person in the service position responsible for managing all financial matters of a group, district, or area within the organization.</li> </ul>	
144	<b>Twelve Steps</b>	<ul style="list-style-type: none"> <li>Steps: A part or phase of a sequence of actions taken toward a goal.</li> </ul>	<ul style="list-style-type: none"> <li>Core program of recovery that members work through sequentially.</li> </ul>	<ul style="list-style-type: none"> <li>They describe a structured pathway designed to help individuals overcome cocaine and other mind-altering substance addiction through spiritual and personal development.</li> </ul>
145	<b>Twelve Traditions</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>The structural and operational framework for how C.A. groups operate and relate to one another.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
146	<b>Unity</b>	<ul style="list-style-type: none"> <li>The state of being one or undivided. People working together in harmony or agreement.</li> </ul>	<ul style="list-style-type: none"> <li>A common bond that transcends all differences among members, binding them through shared addiction and recovery, with personal recovery depending on C.A. unity as emphasized in Tradition One.</li> </ul>	<ul style="list-style-type: none"> <li>Tradition 1: "Our common welfare should come first; personal recovery depends upon C.A. unity."</li> </ul>
147	<b>Unlearning</b>	<ul style="list-style-type: none"> <li>The process of intentionally letting go of, discarding, or abandoning previously learned behaviors, beliefs, habits, knowledge, or ways of thinking that are no longer useful, accurate, or beneficial.</li> </ul>	<ul style="list-style-type: none"> <li>The process of overcoming self-centered, abusive behaviors from addiction through program practices like service, humility, and the Twelve Steps.</li> </ul>	
148	<b>Unmanageable</b>	<ul style="list-style-type: none"> <li>Difficult or impossible to control, handle, direct, or deal with effectively.</li> </ul>	<ul style="list-style-type: none"> <li>What our lives become under the control of addiction—chaotic, out of control, and beyond our ability to direct by our own willpower.</li> </ul>	
149	<b>Using</b>	<ul style="list-style-type: none"> <li>The act of consuming, expending, or depleting a resource or substance.</li> </ul>	<ul style="list-style-type: none"> <li>The consumption of cocaine and/or any other mind-altering substances.</li> </ul>	
150	<b>We're Here and We're Free™</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>"We're Here and We're Free™" is Cocaine Anonymous's official motto, symbolizing the fellowship's presence, availability, and the freedom from addiction that members achieve through recovery.</li> </ul>	
151	<b>Willing to believe</b>	<ul style="list-style-type: none"> <li>Being ready or inclined to accept something as true, even if you don't yet have complete proof or certainty.</li> </ul>	<ul style="list-style-type: none"> <li>A foundational spiritual principle that members embrace as they begin their recovery journey. It represents the openness and readiness to accept that a Power greater than themselves can help restore them to sanity, even if they don't yet have full faith or complete understanding of that higher power.</li> </ul>	

No.	Word or Term	Standard Definition	How it is used in C.A. contextually	Notes
152	<b>Willingness</b>	<ul style="list-style-type: none"> <li>The state or quality of being prepared to do something—voluntarily and without undue reluctance. It’s an open, consenting readiness to act or try, even when it’s uncomfortable or uncertain.</li> </ul>	<ul style="list-style-type: none"> <li>A core spiritual principle involving readiness to take the suggested actions—meetings, sponsorship, working the Steps, service—even when uncomfortable.</li> </ul>	
153	<b>Willpower</b>	<ul style="list-style-type: none"> <li>The ability to control one's own thoughts, emotions, impulses, and actions; the mental strength and self-discipline to resist temptation, delay gratification, or persist in achieving goals despite difficulties</li> </ul>	<ul style="list-style-type: none"> <li>The addict’s own determination or self-control.</li> </ul>	<ul style="list-style-type: none"> <li>willpower has been tried and found insufficient to achieve lasting sobriety, and which must be replaced by willingness, honesty, open-mindedness, and reliance on a Higher Power.</li> </ul>

# Glossary of Terms

---

## Process & Learnings

- **Research:** The Subcommittee gathered a wide range of glossary examples from other fellowships, both as books and as stand-alone documents. We also reviewed partial glossary materials found in the Literature, Chips, and Formats (LCF) files from previous efforts.
- **Scope:** We refined the scope based on the instructions we received about the immediate need. This Glossary is limited to terms found in our meeting formats, standard readings, and pamphlets. Terms that appear only in our books or longer writings were excluded.
- **Assembling the list of terms:**
  - We began with a list in the LCF Box file from an earlier, unfinished 2013 glossary project.
  - We then reviewed all our pamphlets, meeting formats, and readings to add additional terms.
  - Finally, we integrated a list provided by the WSO Director of Operations, Tai B.
- **Setting up the format:**
  - We created the working document and layout using Canva design software.
  - Each term is carefully evaluated in four columns:
    - Column 1: Number of term for reference
    - Column 2: the term or phrase
    - Column 3: the “standard definition” of the word
    - Column 4: the definition in accordance with C.A.
    - Column 5: any notes that might add clarity

---

- **Selecting and using tools**

- For the “Standard Definition” column, we began by using the Oxford English Dictionary for its depth and clarity, and/or in some cases Merriam-Webster Dictionary.
- For the “As Used in C.A.” column, we drew from “Recovery A to Z: A Handbook of Twelve-Step Key Terms and Phrases” (Central Recovery Press, Las Vegas, 2011), adapting language as needed to reflect C.A.-specific usage.
- Once we began systematically reviewing and editing the material, we discovered how useful AI-assisted tools could be for checking where terms appear in C.A. literature and how they are used. Over time, we also found that AI became a clearer and more efficient tool for generating the standard definitions.
- We explored several AI engines and eventually selected an AI bundle that includes ChatGPT and Grok.
- We learned that it was important to ask questions in a consistent way.
- Our standard prompt became: “What is the definition of the word (or term) ‘\_\_\_\_\_’ in the context of the program of Cocaine Anonymous?”

- **Deliberation and discussion**

- After the definitions were populated, the Subcommittee discussed each term and its definitions in depth. We moved on to the next term only after reaching a group conscience.
- Once the first full review of the Glossary was complete, we conducted a second review of every entry to check for cohesion and consistency across the document, making adjustments based on what we had learned along the way.

# Examples

- An early, working version of the entry for **“Sponsor”** began with a long, multi-part dictionary definition and a detailed C.A. usage description.

Word or Term	Standard Definition	As used in C.A.	Notes
<b>Sponsor</b>	<p><b>As a noun:</b></p> <ol style="list-style-type: none"> <li><b>In recovery/12-Step programs: A mentor or guide</b> <ul style="list-style-type: none"> <li>◦ An experienced member of a recovery program (like Cocaine Anonymous, Alcoholics Anonymous) who guides and supports a newer member through the Twelve Steps.</li> <li>◦ Someone who has worked the Steps themselves and shares their experience, strength, and hope.</li> </ul> </li> <li><b>A person or organization that provides financial support</b> <ul style="list-style-type: none"> <li>◦ Someone who pays for or supports and activity, person, or organization financially.</li> </ul> </li> <li><b>A person that takes responsibility for someone</b> <ul style="list-style-type: none"> <li>◦ Someone who vouches for or supports another person in various contents (immigration, baptism, membership)</li> </ul> </li> </ol> <p><b>As a verb:</b></p> <ol style="list-style-type: none"> <li><b>To provide money for an event, activity or person.</b></li> </ol>	<ul style="list-style-type: none"> <li>• A member who has engaged in sufficient amount of service work, maintained their own recovery and has been taught the program material by another person or a workshop.</li> </ul>	<ul style="list-style-type: none"> <li>• A sponsor serves as a mentor and guide who helps newcomers navigate and work the program through the steps. The sponsor’s roles include teaching about the history of Cocaine Anonymous at the local, district and fellowship levels, while also sharing their own experience to help the sponsee achieve and maintain sobriety. sponsor provide ongoing support, encouragement and accountability as the sponsee progresses through the twelve step recovery program.</li> </ul>

- After discussion and revision, the finalized entry for **“Sponsor”** was simplified and clarified as follows:

<b>Sponsor</b>	<ul style="list-style-type: none"> <li>• A person, organization, or entity that provides financial, material, or moral support to an individual, event, project, or cause.</li> </ul>	<ul style="list-style-type: none"> <li>• A sponsor is a recovering addict who shares one-on-one how to maintain sobriety by working the Twelve Steps of C.A.</li> </ul>	<ul style="list-style-type: none"> <li>• A sponsor can introduce you to other C.A. members, help you get involved in service and encourage you to participate in Fellowship events, all of which are vital to a successful program of recovery. A sponsor’s primary tools are his or her own experience, strength and hope.</li> </ul>
----------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## Examples

---

- **The term “Self-absorbed”**
  - After we populated the definitions, an AI search showed that this term does not appear directly in C.A. literature. However, the terms “self-centered” and “self-seeking” do appear and are included in the glossary with similar meanings. We therefore decided to remove “self-absorbed” from the glossary.
- **The terms “Obsession” and “Obsession of the mind”**
  - Discussion led us to delete the standalone term “obsession” and keep only “obsession of the mind,” since “obsession” does not appear in our literature except as part of the phrase “obsession of the mind.”

## Timeline & Acknowledgements

---

- **April 2025** – The Literature, Chips and Formats Committee of World Service elects a new Chair for the Glossary of Terms Subcommittee.
- The new Chair forms the Subcommittee from members of Orange County, California Cocaine Anonymous who had significant service experience at the Area level and at the Cocaine Anonymous World Service (CAWS) level. While there was some input from several World Service members, the Subcommittee was ultimately consolidated among the four members who worked toward completion:
  - Melanie R.G. (Chair)
  - Betsy L. (Vice Chair)
  - Frank P. (Secretary)
  - Chris W. (Member)
- The Subcommittee met from June 2025 to March 2026, often weekly, until the work was completed. The finished Glossary was submitted to the WSO and the Translation Committee of World Service in early May 2026.