What can YOU do?

Below are some proven suggestions:

- Accompany experienced members doing service work as they go to treatment centers, jails, and other outside facilities
- Do service work -- help by volunteering for group functions planned for fundraising, fellowship, and family events
- Regular attendance and participation at meetings
- Assuming clean up or set up responsibilities
- Attending Group Conscience Meetings to learn about other levels of service, such as being Secretary or Treasurer of the group
- Contributing financially to your group, District, Area, or World Service Structure
- Participating in literature studies as a way of qualifying for sponsorship
- Lending or buying books for others or for the group
- Distributing literature, and introducing others to available literature
- Showing hospitality to new members
- Telephoning or emailing members of the fellowship between meetings
- Sponsorship

Co-Anon Family Groups are for friends and family members affected by the disease of addiction.

Find a meeting near you

www.co-anon.org

Getting Into **Action**

www.co-anon.org

In the beginning, when we act irrationally, now we can stop and collect ourselves. When the time comes to take some action, we will know it and we must not be afraid. Our higher power will guide us and we will not fail. Find the courage to take charge of your life. Act, don't react. Let the twelve steps of recovery guide you to serenity whether, the addict in your life is using or not. Take the steps one by one and work them, get a sponsor and work the steps together, take commitments at meetings, work with newcomers, be of service.

In Co-Anon Family Groups, we learn to take the focus off the cocaine addict, and put it back onto ourselves. What does that mean? How do we do it? What do we do? It means we pursue a spiritual course of action.

Before coming to Co-Anon Family Groups, all our actions were centered on those we cared about and their using cocaine or other mind-altering substances: getting them out of jail, getting them into treatment, giving them money, driving around looking for them after the next relapse or disappearance. In Co-Anon Family Groups, we soon learned that these actions did not help us or the ones we loved. We discovered there were new actions we could take; measures that changed what we thought, how we felt, and what we believed.

ACTION 1 -- Go To Meetings Our Higher Power speaks to us through others who can identify with our pain, share the solution, and offer their experience, encouragement, and compassion.

ACTION 2 -- Read The Literature The experience, strength, and hope of the fellowship have been captured in the stories of many who have been through what we are experiencing now. This priceless insight is available 24 hours a day. Ask other members what literature they recommend for starters, and make sure you have access to the wisdom that offered comfort and restored sanity to many of us on a lonely night.

ACTION 3 -- Get A Sponsor Sponsors are people who have learned the principles of the Co-Anon Program for some time. They have valuable experience applying the tools of the program in their lives. Experience, coupled with the essential tool of detachment, imparts to newer members the practical aspects of living without chaos. This makes it possible for each of us to find our own way through the difficulties in our lives.

ACTION 4 -- Pray We ask our Higher Power to remove our fear. Fear is the main problem when living with addiction, as well as the need for a vital change of our perspective. Once these problems stop dominating our thoughts and feelings, we have a chance towards living in an exceptional way.

ACTION 5 -- Get Out Of Yourself The book of Alcoholics Anonymous* says, "God, remove my fear and direct my attention to what You would have me be." Fear always distracts from being useful to yourself, to others, and your Higher Power. You may not be of much real help to a cocaine addict, but you can be quite valuable to others in the fellowship who share similar experiences. Step up to chair a meeting, suggest a topic, welcome new people, set up or clean up, make coffee, or just act kindly toward someone else. Even praying with or for someone else is beneficial.

ACTION 6 -- Change Your Focus The book of Alcoholics Anonymous* says, "Be careful not to drift into worry, remorse, or morbid reflection, for this can cut you off from the sunlight of the spirit." It is important to focus on what is good in your life, and to stay in the moment, in today.

ACTION 7 -- Service Work There are many actions we can take towards helping others. This is the best part and one of the most effective ways to connect with the power of the program. We can reach out to others in meaningful ways, such as offering a friendly hug or a small smile, or speaking to other family members at a treatment center. Our Higher Power takes that act of service and multiplies it many times. Service is a form of faith, in the midst of circumstances that look impossible. For us to let go of our problems, we leave the people, places, and things we are powerless over in the hands of our Higher Power, while we do something to help someone else. Thus we live in the understanding that we have the protection and care of our Higher Power, as it states in our 3rd Step. Our willingness to help is evidence of this faith, and our Higher Power gives us exactly what we need, in that moment, helping us through it.

Service -- Be sure to include this in your action steps. A wealth of spiritual growth occurs as a result of the Twelfth Step's emphasis on working with others. The book of Alcoholics Anonymous* says, "The things that came to us when we put ourselves in God's hands were better than anything we could have planned."

Getting Into Action -- Spiritual action helps you to gain courage, friendships, and solutions. If nothing changes, nothing changes. The actions we've taken all along, while well-meant, were ineffective toward improving many aspects of our lives. Being open-minded to new things, to new actions, can bring you into a new and wonderful world -- no matter what your present circumstance!

**Quotations from the book Alcoholics Anonymous do not mean that Co-Anon is affiliated with A.A.*