

# THE CDA GIFTS

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As we work the CDA Program of Recovery, our old ideas are replaced with new ways of thinking and new attitudes. We believe these are gifts of a spiritual nature from our Higher Power. When we follow this path, we become healthy, responsible people and live a life of peace, healing and serenity.

- We live one day at a time with dignity and self-respect.
- We replace fear and self-pity with courage and gratitude.
- We accept the changes in our life with optimism and hope.
- We learn how to lighten up, laugh often and have fun again.
- We find that challenges and setbacks become the touchstones of spiritual growth.
- We discover our talents and gifts and unlock their full potential.
- We experience freedom as we forgive ourselves and others.
- We are willing to take risks as we choose growth over fear.
- We develop healthy relationships as we learn how to communicate with respect and love.
- We believe that love and service are the foundation of a lifetime of happiness.

As we continue on our journey, the possibilities are endless.  
Remember, "The Sky's the Limit!"