

ALCOHOLICS

ANONY

MOUS

EPISODE V

CAFFEINE

FREEDOM

***PLEASE NOTE: THIS IS NOT AN OFFICIAL *AA OR *CAFAA DOCUMENT. THIS IS A PERSONAL CREATIVE WORK SHARED WITH YOU FOR FUN, and *for free*, AT THIS TIME. PLEASE COMMENT SO IT CAN BE A COMMUNITY WORK OF LOVE! - ANONYMOU...**

A.I. SOURCE CODE FAILURE... LOADING... LOADING... LOADING...

...

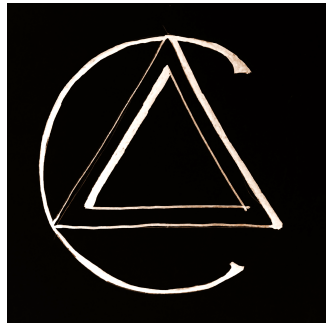
...

WAKE UP, NEO...

..THE MATRIX HAS YOU.

CAFFEINE ADDICTS ANONYMOUS

The Story of
How *less than* One Hundred People
Have Recovered from Caffeine Addiction



CAFFEINE ADDICTS ANONYMOUS WORLD SERVICES, INC.

2026

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FIRST EDITION
First Printing, _____

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This is **NOT** CAFAA *Central Service*
Conference-approved literature (TBD when voted on)

FOR COMMENTERS: Anything in pink is subject to change as we get closer to publishing and finalize the edit. Thanks for being a constructive member of CAFAA. You saved my full potential from melting into a dark chocolate soup of shame and fear.

ANNOUNCEMENT

12/20/2025:

You may send dispatches from any place on your own path of discovery in recovery, and/or creative CAFAA daily reflections submissions to: CAFAALiterature@gmail.com to be published in our new upcoming official literature. Topics for inspiration are in the living document: [CAFAA Daily Reflections rough draft.docx - Google Docs](#)

To express intention to write your own personal truth / story of recovery from caffeine addiction / spiritual awakening / maintenance of recovered condition you may also email to schedule a time to meet to discuss your story.

...Also, send CAFAALiterature@gmail.com a hello to be added to the big book mailing list.

 CAFFEINE BIG BOOK 1ST ED

INVITATION

The CAFAA Literature committee will be meeting to elect a collective of devoted 12-step recovery humble servants in this realm beyond caffeine..

We of **Caffeine Addicts Anonymous** request the honor of your presence at the following zoom meeting:

TBD, 2026, 1PM Eastern US Time

Dedicated to:

You, dearest reader.

May you find all the energy abundance,
and stillness,
that you seek.

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PREFACE

*T*his is the first edition of the book “Caffeine Addicts Anonymous.”

However, it looks a lot like a “Big Book” (A.A. Members’ fond nickname for the Fourth Edition) of Alcoholics Anonymous republished in 2001. Coincidence? *We think not.*

We did this to honor both the era in which caffeine addicts anonymous was founded, and the founders responsible for creating a culture that has contributed so much value to twenty-first century human civilization. Nothing happens in God’s world by mistake. We felt, to commence a brand new chapter in caffeine recovery, we needn’t necessarily write a brand new sentence. And we know that some of you were anticipating an update from us.

The majority of us spent years in other Twelve-Step programs before arriving at this episode of our recoveries. We felt it apropos to publish this to look like a long lost friend in disguise. Like a sequel from a long time ago, in a galaxy far, far away, we begin at Episode V in a parallel universe to the official Fifth Edition.

We do this to announce to any who read further that we do not take ourselves too seriously. This was important for shrinking our egos - our inner critics, which we lovingly call emperors i.e. our collective control freaky-ness. The message was delivered easier that way. *We are not a glum lot.* In close communion with **The Force**, this felt right to us. Also, your attention spans are shot. What have you done with the long, unbroken silences we had to endure?

We carefully considered the inspiration of this book. Lo and behold, it was *still* the basic text for our present-day twenty-first century online Twelve-Step recovery community - almost ninety years later. The Big Book of Alcoholics Anonymous, first published in 1939, has helped such large numbers of addicted people in recovery that we decided to sublimate every

dark crevice of its past, and attempt an amendment for all people who felt wronged by it.

It felt right to listen to their pain, and make amendments. That being said, we have left some portions of the original Big Book untouched, and reworked the rest of it to fit our true-to-life stories and the nuances of caffeine addiction.

This edition also includes new ideas. Because it's 2026! Also, caffeine freedom resulted in much deeper spiritual awakenings for us. An expansion of newly suggested slogans in addition to the original slogans such as *But for the Grace of God* and *Think, Think, Think* developed amidst a unique culture of passionate people in the fight for their lives against addiction and a hundred forms of fear. These slogans helped to build a sense of community, belonging, and are excellent psychological coping skills: just like mantras have been for thousands of years. The more, the merrier, we concurred.

We invite you to create your own tools to self-soothe the irritability of the early weeks of caffeine withdrawal. We are open to suggestions, edits and constructive contributions from critics. We will gladly admit where we were wrong in these carefully crafted words, for we are building an airplane that has already taken flight. Nothing ventured, nothing gained... So we ventured.

This edition also contains a fresh new seventh chapter entitled **Gnosis** that is suitably bookended by *Into Action* and *Working With Others*. That brings *our* Bigger Book to a total of twelve chapters. We also wanted it to be bigger just to a) show off and b) elegantly display what kind of precise clarity and verbosity is possible without caffeine. And we have not lost our wit, as we now fear internally drowning - from too much water.
#conspiracies

It's almost like the founders anticipated that something was missing. It was a mystery - *over there, far on the other side of the church basement, that scent of boiling water steeping through the putrid pesticidal brown chemical muck* - that would eventually end up irritating our bowels and disturbing our precious sleep. Perhaps we protest too much. However, we *Live and Let Live* and hesitate to judge, for we used to be the coffee makers at that meeting, and we made it way too strong.

After struggling with dehydrated depression in our years of A.A. sobriety (just like our friend Bill), we feel fortunate to have recovered and rehydrated. It is with great enthusiasm that we present this momentous edition to our friends in all forms of addiction recovery culture. We have excavated many previously undiscovered, to us, treasures of wisdom in this expansion set. And we don't intend to bore you or waste any of your precious time, so we wouldn't want to release it without adding a couple of new pioneering characters.

Here, ye! We hail from the heavens of our own makings with cherished gifts and shiny new tools of recovery to share with you. We are Caffeine Addicts Anonymous, and this is our story. This is our turn.

And before you even ask, no, old timer, this book was not auto-populated by Artificial Intelligence. God alone is the only entity that could have autocorrected this entire book out of our self centered, thick, **dark-chocolate-covered** skulls.

If you think you might have a caffeine problem, we hope that you may pause in reading one of the **many** personal stories and think: "Yes, that happened to me"; or more important, "Yes, I've felt like that"; or, most important, "Yes, I believe this program can work for me too."