

## Tradition Ten

*COSA has no opinion on outside issues; hence the COSA name ought never be drawn into public controversy.*

The simple, yet powerful wisdom of Tradition Ten helps us keep our mission and message clear, and our reputation clean. It supports Tradition One by guiding us to stay focused on our primary purpose of carrying our message to those who still suffer.

Tradition Ten cautions us to steer clear from issues and subjects that could divert us from, or cause controversy regarding COSA's purpose. In doing so it promotes COSA unity and protects the health and integrity of COSA as a whole. We can also see the complementary principles from Traditions Five, Six, and Eight at work in Tradition Ten.

Outside issues such as money, politics, race, and religion can also be especially controversial and divisive. They can cause rifts and damage to relationships. COSA does not offer opinions regarding political candidates or policies or address public issues on race, religion, or sexual misconduct. In COSA we seek inclusivity. This is evident in our Diversity Statement. Without any biases, we invite all people whose lives have been affected by compulsive sexual behavior into our fellowship. The gifts of our invitation come to life when such a varied group of individuals come together as equals in the safety of an anonymous gathering for the sole purpose of seeking recovery.

Tradition Ten draws from the principle of remaining nonprofessional found in Tradition Eight. This provides clear guidance to the trustees of the International Service Organization of COSA. Therefore, COSA does not give advice, recommend, or endorse any legal, medical, therapeutic, political, or other viewpoints outside of COSA. Nor does COSA partner with outside entities. The trustees focus on the welfare of the fellowship using only the principles and ideals of the COSA Twelve Steps, Traditions, and Concepts, thus ensuring that our message and reputation stay untarnished.

On the local level of our meetings, how do we know if something is an outside issue? We can simply ask, does this carry the COSA message, or confuse it?

When newcomers attend our meetings they are thirsting for our life-changing message. Imagine us extending our COSA message to them in the metaphor of a glass of clean, clear water. If something outside the COSA message is introduced to their glass, *no matter how helpful it may seem*, it clouds the water, dilutes our message, and confuses our purpose. Such outside issues may include literature or quotes from other Twelve Step programs or helping professions, recommendations on types of therapy, financial or legal strategies, or religious and political convictions. The newcomer may feel confused. They may be intimidated by strong or willful opinions. Even discussing our business titles or educational credentials during our meetings can be an outside issue, and may not honor our tradition of anonymity and our principle of equality. A newcomer may assume someone is an "expert" and follow the *person* rather than the COSA

*principles.* We provide the best support for our newcomers, our individual recoveries, and the health and unity of our group by keeping our message focused on COSA.

This Tradition keeps our meetings safe and sober in other ways, too. Our members do not solicit for personal business, fundraisers, or other well-meaning outside endeavors during our meeting. Such offerings are not in keeping with **the** principles and spirit of Tradition Ten and can be awkward when presented in our meetings.

Tradition Ten serves our personal lives well, too. We avoid the pitfalls of hard feelings and potentially damaging relationships by choosing to stay on “our side of the street” when faced with controversial subjects or situations. We wisely refrain from adding **fuel** to these fires. We can also ask ourselves if our recovery will benefit or suffer if we wade into controversial or triggering topics. Will gossiping, **commenting** on the latest trend, **or offering** unsolicited **feedback or** advice harm or help **in** our recovery and our relationship with others?

In recovery, we seek to have healthy relationships with **ourselves and others.** We actively endeavor to accept **ourselves and others, flaws** and all, we allow for **each** person’s unique humanness and personality traits. **We** are **all** entitled to **our** opinions, beliefs, and convictions on outside issues **regardless if we agree.** Recovery allows us to detach in love and not to try to mount a campaign to convince **anyone** that our way of thinking is the right or only way. We find our voice and truth through recovery. We balance our voice with the wisdom to exercise **constraint** when warranted.

Tradition Ten ensures that the COSA **purpose** will remain consistent and clear, **both inside and outside of COSA.** Its gifts and wisdom apply from the individual level to the international level, **safeguarding COSA’s integrity and averting public controversy.**