

1 Introduction to the Tools of COSA

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3 We enter the rooms of COSA because our lives have been impacted by compulsive sexual
4 behavior. From the start, we hear others in our meetings speak of the tools they use to find
5 peace and healing in their daily lives. The COSA tools often offer our first respite from the
6 upheaval, confusion, and suffering we feel early in recovery.

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8 Our COSA toolbox contains ideas and suggested behavioral adjustments that can immediately
9 help us along our path of recovery. Many of them are unfamiliar to us because we have lived in
10 unhealthy situations for so long. We learn from other COSA members how they use the tools in
11 their lives, and their experiences give us hope by helping us recognize new approaches we can
12 try ourselves.

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14 Some of the tools may immediately make sense to us, and we readily find the willingness to try
15 new behaviors and apply helpful strategies. These may include using the tool of journaling
16 about our feelings and experiences, or regularly attending meetings, where we are instantly
17 grateful for the COSA tool of confidentiality as we share with others. Other tools, such as setting
18 boundaries with people close to us, can take longer to implement. They may require courage,
19 experimentation, and the support of other COSA members to help us handle the changes that
20 occur in our relationships as a result of our own changed behavior.

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22 Some tools eventually become embedded in our psyche, as we work the Twelve Steps of
23 COSA and gain insight around the gifts that these new, healthy behaviors bring to our lives. As
24 we become comfortable using the COSA tools, we develop a new mindset and find clarity where
25 before there was mystery or bewilderment regarding the reactions we got from other people. Over

26 time, we give back to COSA through the tools of service and sponsorship so that we can carry
27 the message to others. This keeps our own recovery vibrant.

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29 The COSA tools grew out of struggles common to many COSA members, and they were
30 handed down by others who have found them helpful in their own recovery. These tools are a
31 gift to all recovering COSAs. The compilation in the following pages is intended to pass along
32 experience, strength, and hope to all COSA members, whether we are trying a tool for the first
33 time, or revisiting one that has long brought us healing on the path of recovery.

DRAFT