

1 **Introduction to the COSA Traditions**

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3 While the Steps support our individual recovery, the Twelve Traditions of COSA provide a
4 spiritual framework for healthy interactions at the group and fellowship levels. Our Traditions
5 serve to unite our fellowship in its common purpose, yet also encourage COSA groups'
6 autonomy, so that each group develops its own unique flavor: unity not uniformity.

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8 With its Twelve Traditions as guidelines and suggestions rather than rules, COSA is a loosely
9 structured organization. It does not monitor its groups or provide oversight, and is fueled almost
10 exclusively by its members' voluntary service. One would most likely expect utter chaos when
11 people who are suffering from the effects of compulsive sexual behavior join together. But with
12 our Traditions' wisdom guiding our interactions, we find a calming, healing environment in which
13 we can help others as we find our own path to recovery.

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15 Unlike working the Steps, which are usually approached in a systematic order, the Traditions do
16 not need to be studied in a particular order and can help us at any point in our recovery. Many
17 of us have found that studying the Traditions can provide us with valuable insights and relief in
18 our recovery journeys as well as in our day-to-day relationships and experiences outside of
19 COSA.

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21 COSA's very survival and growth are protected by the Traditions. They guide our fellowship, our
22 groups, and individual COSA members in ways that keep our program secure and
23 unencumbered from outside distractions. The Twelve Traditions support the health and safety of
24 our COSA recovery spaces, and this in turn provides fertile ground for us to cultivate our own
25 recovery.