

1 What is COSA?

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3 Simply stated, COSA is an anonymous Twelve Step recovery program for anyone
4 whose life has been impacted by the effects of compulsive sexual behavior. The COSA
5 recovery program is adapted from A.A.'s Twelve Steps, Twelve Traditions, and Twelve
6 Concepts.¹ The name COSA has evolved over time but is not an acronym.

7 COSA is a *community* of people with shared experiences and feelings that center
8 around the effects of compulsive sexual behavior. We are an inclusive fellowship made
9 up of partners, parents, children, friends, and anyone affected by compulsive sexual
10 behavior. This community is open to all who seek relief, healing, and hope from these
11 effects. In this "we" program, we are no longer alone, and we can find real support.

12 COSA meetings are a fundamental part of personal recovery. When we enter a COSA
13 meeting, we are no longer in painful isolation. We connect with the deep well of
14 wisdom, experience, strength, and hope of our fellow COSA members. Meetings are
15 safe and anonymous gatherings where we can be understood and accepted without
16 judgment.

17 COSA meetings offer the opportunity to hear specific examples of how others have
18 applied the Steps and recovery principles in their lives. We listen as they describe how
19 their lives have changed for the better. They have clarity, serenity, and peace. Their
20 healthy confidence is evident. We realize that we want what they have. When we find
21 someone in the group who has the kind of recovery we admire, we can ask them to be
22 our sponsor. Sponsors guide and support us as we work the Twelve Steps. They also
23 lend their experience and wisdom through difficult situations along our recovery path.

24 The Twelve Steps are the spiritual foundation of our program. Working the Steps offers
25 a way to explore our inner selves and develop a deeper self-awareness. As we work
26 the Steps and use the principles within them, we begin to heal from the effects caused
27 by compulsive sexual behavior. We begin to release and replace the self-defeating
28 behaviors we have unwittingly developed. As we continue to grow in our recovery, we
29 gain new insights which help us make healthier choices. We find the courage to make
30 positive changes which lead to empowerment and self-esteem.

31 The Steps also encourage a path to spiritual development—no matter our religious or
32 philosophical beliefs. Working the Twelve Steps helps us come to understand God,
33 Higher Power, or a Power greater than ourselves, through *our own* understanding, not

34 in any prescribed way. Having a spiritual connection provides great comfort and
35 meaningful support in our lives, in and outside of recovery.

36 COSA benefits from the structure and guidance of the Twelve Traditions and Twelve
37 Concepts of Service¹ which support cooperation within our groups and the fellowship
38 as a whole. Additionally, COSA offers a myriad of tools for this healing journey.

39 Through recovery we move toward the best version of ourselves. We honor our inner
40 voice and make healthy choices. We feel real peace and serenity. The gifts of our
41 recovery ripple out to all areas of our lives. Others may see our peace and serenity and
42 discover they want that for themselves. And that is the primary purpose of COSA: to
43 carry the COSA message of recovery, hope, and healing to all who suffer.

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45 ¹Attribution to AA - we will need to contact AA to find out exactly how they want us to make attribution
46 in the book.

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