

Tradition One: Our common welfare should come first; personal recovery depends upon COSA unity.

1) Common welfare

- a) What does “common welfare” mean to you?
- b) What are the advantages to making the common welfare of a group a priority?
- c) What are the disadvantages?
- d) Can you think of a situation when it could be advantageous to prioritize the welfare of an individual over the group’s common welfare?

2) Unity

- a) What does “unity” mean to you?
- b) In what ways does your recovery benefit from COSA unity?
- c) How do other relationships in your life depend upon unity?

3) Conflict

- a) What happens to unity when there is a conflict?
- b) Think of a time when you observed conflict. Write about what was happening.
- c) Was there any type of unity in that conflict?
- d) How could a sense of unity contribute in a positive way? How does it affect the way your group functions?
- e) When facing a potential or actual conflict, what are some recovery tools or coping mechanisms you can use to skillfully assist in creating a healthy unified environment? Consider this either in a COSA meeting or group, or in your personal life.

4) Envisioning a kind, welcoming environment

- a) What are some advantages to maintaining a caring, respectful attitude, and practicing safe communication and attentive listening?
- b) Envision this in your relationships in COSA, in other areas of your life and in your relationship with yourself, and journal about what this would look like and how it would feel. Consider creating a drawing or painting of your vision.

5) Prioritizing unity and individuality

- a) Why, in COSA, do we prioritize unity over individuality?
- b) What happens when we prioritize one person's perspective over that of other COSA group members?
- c) What happens when you stifle your own wants, needs, thoughts, and feelings to "keep the peace"?

6) Self-care

- a) How do you identify and care for your welfare in your COSA meetings?
- b) How do you do this in your personal life?

7) COSA principles

- a) How does COSA unity support your ability to offer your experience, strength, and hope to a newcomer?
- b) In what ways does unity "attract" people to keep them coming back to COSA?

8) COSA Diversity Statement

COSA Diversity Statement

COSA Diversity is consistent with the Third Tradition of COSA, which states that the only requirement for COSA membership is that our lives have been affected by compulsive sexual behavior. The COSA Fellowship welcomes all genders, all varieties of relationships to the addict, all religious and spiritual preferences, all employment statuses, all marital statuses, and all ethnicities, cultures, and languages. COSA does not discriminate on the basis of class, financial status, sexual orientation or gender identification, physical or mental challenges, race, or national origin. In COSA, we find hope whether or not there is a sexually addicted person currently in our lives. COSA Diversity is consistent with the First Tradition of COSA, which states that our common welfare should come first; personal recovery depends upon COSA unity.

- a) How does the COSA Diversity Statement support common welfare and unity?
- b) How do you reconcile or balance COSA's emphasis on diversity with Tradition One's emphasis on unity?

9) Tradition One Affirmation Activity

Consider the lessons you have learned from Tradition One and how they can help you in your recovery and in your life outside of COSA. Now, create your own affirmation to help you remember.

You may use this example and/or incorporate whatever fits for you. It might be helpful to break the paragraph down into individual sentences and ideas:

I acknowledge, with gratitude, the many gifts I have received from COSA recovery. A healthy COSA program supports all of us; I will do my part to support our common welfare. I continue to grow in having a right-sized approach in all my relationships. We each have a perspective to share, so I am committed to listening respectfully. I am letting go of the need to be seen as "right" or "in charge." I am letting go of any tendencies to automatically defer to others or stifle my own thoughts and feelings. I recognize that I am worthy, my opinions have value, and my voice is as important as anyone else's. I can ask Higher Power to help me remember that when I'm in the minority or am the only one who holds a certain opinion or viewpoint, my view is still valid. The responsibility lies within me to communicate it. I trust Higher Power's guidance to help me remember that unity is a priority.