

Fellowship Feedback for COSA Recovery Workbook

July 2-September 10, 2025

[Feedback Form](#)

Step One

We admitted we were powerless over compulsive sexual behavior — that our lives had become unmanageable.

Powerlessness

1. How have you tried to control the sex addict? What were the results?
2. Have your methods to control conflicted with your core values? How do you feel when you engage in these behaviors? Have you felt that you've abandoned yourself? In what ways?
3. What faulty core beliefs have you had about being able to control compulsive sexual behavior? For example: "I'm not good enough"... "If only I had tried harder...", "If only I were more attractive....," or "I am unworthy of real love."
4. How do you feel when you consider that you may be powerless to control the addict's behavior?
5. How do you feel when you consider you may be powerless to control your own behavior?
6. Have you had challenges distinguishing truth and reality from lies and falsehoods? When this happens, how are you affected physically, mentally and/or emotionally?

7. Have you found yourself to be “addicted” to the addict or the relationship? In what ways?

8. How has compulsive sexual behavior affected your life?, Consider your current situation and your past.

9. List things that you have power over.

10. Triggers Table Activity: *Triggers* are events that, in themselves, are harmless, but bring us right back to the trauma of the past. They may be certain places and people, music, movies, scents, or other details. Over what triggers and accompanying feelings are you powerless? It is important to differentiate between being triggered over a past event and experiencing an event that is actually occurring (or recurring) in the present.

Use this table to list triggers you have experienced and accompanying feelings.

Trigger/Sign of Danger	Feelings Due to the Trigger

How have you managed triggers? What, if anything, would you like to change?

Unmanageability

11. What have been the results of trying to exert control where you had none? Did it lead to unmanageability? Identify the specific thoughts, beliefs, or fears that have caused these behaviors. Have you turned to addictions or unhealthy coping mechanisms of your own to manage your pain?

12. Have you found yourself living a “double life,” attempting to show the outside world that all was well, when it was not?

13. What were the effects of these behaviors on yourself and others? Are you able to have compassion for yourself?

14. Unmanageability Art Activity: Using your medium of choice, create a representation of your powerlessness and unmanageability over sexual addiction.

15. Writing Your Personal Unmanageability Narrative Exercise:

Reflecting on past events and how they influenced you to develop certain attitudes and coping mechanisms can help you get a better understanding of your powerlessness in unmanageable situations. For this activity, break your life down into thirds. For example, if you are 60 years old, the first third will be about ages 0–20; the second third about ages 21–40; and the last third about ages 41–60. If there is a natural break that is better for your story, use that as your guide.

Using the table below, for each period of your life, list important events when you attempted to control an outcome that was unmanageable in the first column. In the second column, write your attempts to control. Lastly, list the outcome and write about your feelings if the result wasn't what you were working toward in the third column. Jot a few words on the table provided, and use separate sheets of paper for the details.

When you feel your chart is complete, use the information to develop your narrative-style autobiography about your patterns of control, your powerlessness and unmanageability.

Unmanageable Events	How I Tried to Manage the Unmanageable	The Outcome and How I Felt when my Desired Result Didn't Happen

Making the Admission

16. Are you able to honestly acknowledge your own out-of-control behaviors with honesty and clarity?

17. Are you able to fully acknowledge that you are not all-powerful, or do you hold on to an illusion of power? In what ways is accepting your powerlessness a challenge for you?

18. Thinking back on prior relationships, do you identify sex addiction or compulsive sexual behavior? Discuss your history.

19. Exercise: Creating Your Own Affirmation

After re-reading the Step One Affirmation from *COSA Recovery*, create your own affirmation. Consider using a notebook or a poster of affirmations. This could be an art project with words and pictures. It could be a poem that later turns into a song. Consider this to be something you will add to over time to support yourself.

“Today I remind myself to let go of my desires to change the past and control the future. I am growing in acceptance of my life as it is today; thus, I make decisions and act from a balanced, well-informed place. While I see the harm that my attempts to control have caused, I am grateful that becoming aware of these truths has made me willing and teachable. I detach from others’ choices and make healthy choices in my own life. I have plentiful resources in recovery and trusted COSA friends who can support me. Today I am ready for a new way.”