

♦ **Can I ask about or comment on another person's sharing?**

If you want to talk about something someone else has said, please don't mention the person by name or point to him or her, or say "you said". We ask that you say, "I can relate to what I heard about...." "My situation is like this...." If you want to ask someone about what they've said, please do so after the meeting.

♦ **What is a "feelings check"?**

Some COSA meetings include a brief check-in, or "feelings check", at the beginning of the meeting. During introductions with a feelings check, members are invited to reflect on how they are feeling and share their emotions with the group in one or two sentences. Although brief, the "Feelings check" gives each of us an opportunity to be aware of how we feel and to practice expressing our feelings. Like all sharing at COSA meetings, the "feelings check" is optional.

♦ **Is there a religious affiliation to COSA?**

It is not necessary to believe in God to work the COSA program. The word "God" is used in our literature to mean "a Power Greater than ourselves." Members decide for themselves what or whom they will call their Higher Power.



For more expanded answers to some of these and other questions, please see the FAQ page at www.cosacall.com

An excerpt...

If we are painstaking about this phase of our development, we will be amazed before we are half-way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us— sometimes quickly, sometimes slowly. They will always materialize if we work for them.

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FREQUENTLY ASKED QUESTIONS

**Written with the COSA®
Newcomer in Mind**

The COSA Welcome

We extend a special welcome to newcomers. Although we are sorry for the circumstances which brought you here, we hope that we can share the privilege of being here together and that you find a combination of help and friendship, as we have. It is suggested that you try six meetings before you decide if the COSA program is for you.

A member phone list is available. People who put their names on this list are willing to take your calls and answer your questions. We encourage you to seek the support of the group.

◆How do I know if I belong here?

If someone else's sexual behavior is causing you pain, then you can find comfort and hope in COSA. It is suggested that you try six meetings to see if the COSA program is for you.

◆Why do I have to come to meetings when it's my loved one who has the problem?

When we come to COSA we are often spiritually and emotionally depleted. By focusing on ourselves and the part we have played in the dysfunction of our relationships, we can find healing. If we work the 12 Steps of COSA for ourselves, we will learn to make better choices, set boundaries, speak our truth and avoid behaviors that may have enabled the sex addict to continue to practice his or her disease. We realize we cannot find serenity if we continue to focus on someone else's recovery, so we commit ourselves to our own recovery.

◆Do I have to give my name?

COSA members identify themselves by first name only. Anonymity is the foundation of all COSA traditions. We will treat your name and

COSA Frequently Asked Questions

anything you say as confidential, and we ask that you do the same for us.

◆Do I have to talk at the meeting?

No one is required to talk or "share" at COSA meetings. We respect your right to decide when you feel comfortable to talk. It is appropriate just to listen until that time.

◆How much does the COSA program cost?

There are no dues or fees for COSA membership. We are self-supporting through our own contributions. Each member gives what he or she can when the basket is passed. COSA groups may choose to use contributions for rent, literature, scholarships to COSA events or support of Inter-groups and our International Service Organization. We ask that you be our guest and not contribute until you feel you are a part of the COSA group.

◆What do people talk about at COSA meetings?

COSA members meet to share their Experience, Strength and Hope. There is a variety of **Experience** in COSA recovery that we find helpful to share with each other. This includes:

- working the 12 Steps of COSA
- working with a sponsor or sponsoring other members
- setting boundaries
- practicing new, healthy behaviors
- reading COSA or other recovery literature
- sharing feelings
- discovering how we work our program.

Sharing our **Strength** means we talk about how we're growing and lending our support to each other. We share our **Hope** by being an example of how life gets better in recovery.

The safety to share honestly during meetings creates a trust level that many of us have never before experienced. Sometimes the COSA meeting is the first safe place we have to talk about our lives. Other places we can share in this way are on COSA tele-meetings and message boards.

We also encourage you to call someone on the COSA phone list. Only members who are willing to take program calls put their names on the list, so you can be assured you won't be troubling the person you call. It is also very helpful to have a sponsor. Sometimes it is better to discuss some issues privately with a sponsor instead of taking them to a meeting.

◆What is a sponsor and why do I need one?

A sponsor is another COSA member who agrees to help you work the program. Your sponsor will be there for you when you need someone to talk to or ask questions, as well as guide you through working the 12 Steps of COSA. The best way to choose a sponsor is to listen at meetings for someone who has what you want. When you've chosen someone all that's left is to ask, "Will you be my sponsor?"

◆Can I ask questions during the meeting?

In order for everyone to feel safe, the format of our sharing is that one person speaks at a time without questions, interruptions or cross-talk. Cross-talk is defined as "talking to, talking about or talking with someone else during the meeting." We'll be happy to answer questions after the meeting is over.