

“But I’m too weak. I’ll never make it.” Don’t worry, we have all thought or said just about the same thing. The amazing secret to the success of this program is just that. It is our common weakness, not our strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone.

If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore.

Step into the sunlight of the spirit.

Welcome to COSA!

The 12 Steps Of COSA

1. We admitted we were powerless over compulsive sexual behavior – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all areas of our lives.

The Twelve Concepts, the Twelve Steps and the Twelve Traditions of Alcoholics Anonymous have been reprinted and adapted to COSA with permission of Alcoholics Anonymous World Services, Inc. (A.A.W.S.) Permission to use this excerpt and to reprint and adapt the Twelve Concepts, the Twelve Steps and the Twelve Traditions does not mean that A.A. is in any way affiliated with COSA. A.A. is a program of recovery from alcoholism only - use of this material in connection with programs and activities which are patterned after A.A., but which address other problems or concerns, or in any other non-A.A. context, does not imply otherwise.

Other COSA publications:

- A Program of Recovery /52 Questions (booklet)
- COSA FAQ: Frequently Asked Questions
- COSA Tools, revised 2006
- Defining Co-Addiction/Sexual Codependency
- A Question of Recovery
- Tips & Tools for a Strong 1st Step Foundation
- Tips & Tools for a Strong 2nd Step Foundation
- Recovery for Parents of SAs (booklet) NEW!
- COSA 12 Concepts w/inventory (booklet)
- Caretaking w/worksheet (booklet)
- Step One w/worksheet & Voices (booklet)
- COSA Sobriety (booklet)
- COSA 12 Traditions Explained (booklet)
- COSA Stories Vols. I & II (books)
- How to Start a New Group, revised (packet)



®

INTERNATIONAL SERVICE ORGANIZATION OF
COSA ®

**PO BOX 14537
Minneapolis, MN 55414**

www.cosa-recovery.org

Phone: 763-537-6904

E-mail: info@cosa-recovery.org



Welcome to the Sunlight!

A Newcomer's Introduction to COSA ®



Welcome to the Sunlight!

Those of us who have come to COSA have found that we share a common thread. Although our stories may be as varied as the colors of the rainbow, each of us have been impacted by another person's compulsive sexual behavior. The relief we feel as we learn we are not alone allows us to open to the truth:

Although we may have been brought to our first meeting because of another person's acting out behaviors, we, too, are in the clutches of a dangerous illness.

We may have been too broken, despairing, and lacking in the self-confidence we once possessed to continue to cope with our own lives as they were. We come to find that although we may be capable, dependa-

ble, courageous people, we cannot control the impact of the illness of sexual addiction on our lives. We turn our attention away from the sex addict and detach from the emotional turmoil that sexual addiction can bring, turning instead to the proven, workable method by which we can arrest our own illness.

As the kaleidoscope of our personal stories attests, working the 12 steps is just as important for us as it is for the sex addict. To remedy our own emotional, physical and spiritual illness, the COSA program offers suggestions, but keep in mind that the basis of our program is spiritual, as evidenced by the 12 Steps.

As a result of practicing the steps, the fog that once shrouded our lives begins to lift, and the symptoms of our own dysfunction are removed on a daily basis. The 12 Steps aid us in our process of surrendering to something greater than ourselves, and we find that the more total our surrender, the more fully realized our freedom from the coping behaviors we learned to use.

Can we guarantee YOU this recovery?

The answer is simple. Those who find the most serenity and recovery do so by honestly facing the truth about themselves and their own illness and have been willing to rely on a power greater than themselves for direction in their own life. They also keep coming back to meetings to talk and listen to other recovering members of the COSA program, and take the 12 Steps to the best of their ability. If you can commit yourself to these as well, we believe you, too, can indeed join the ranks of those who recover.



Once we become open to our own recovery, the preoccupation with the addict diminishes and in many cases leaves us entirely. As we walk further into the clarity of recovery, we find that to deal with our inner turmoil, we have to have a new way of thinking—of acting on life rather than reacting to it—in essence, a new way of living.