Dear Medical/Health Care Professional:

In your practice, you may occasionally meet with patients whose lives have been affected by someone else’s sexual addiction or compulsive sexual behavior. We are writing to you to let you know about COSA, a Twelve Step recovery program that may be a powerful free resource for some of your patients or clients.

Many of your clients or patients may qualify for COSA:

- People whose partners have given them a sexually transmitted disease
- People grappling with a spouse, partner, or parent’s infidelity
- Survivors of sexual abuse or sexual assault
- Partners of pornography addicts
- Parents of children who act out sexually
- Adult children of sex addicts
- People dealing with sexual harassment or surveillance
- Partners who feel pressured into sexual behaviors they do not feel comfortable with
- Anyone whose life has been affected by another person’s compulsive sexual behavior.

COSA is a diverse fellowship that follows a modified version of the Twelve Steps and Twelve Traditions. COSA members use these Steps along with other powerful tools in a safe, welcoming, and anonymous environment. Our members find healing from things like despair, obsessive thoughts, isolation, and paralyzing anxiety, and they also become aware of their own behaviors in relationships with friends, family members, and partners.

COSA is not a therapy group, nor is it designed to replace therapy. It is a Twelve Step program that, for some members, encourages them to follow through with honesty while working with a therapist. By using the program in this way, we have found that we are not alone.

As an international service organization, we have numerous local meetings available throughout the world as well as a vibrant online and phone support community. We also have a wide array of helpful literature designed specifically for people whose lives have been affected by another person’s compulsive sexual behavior.

In Service,

The COSA Outreach Committee

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