

Sexual Anorexia/Avoidance Meeting Script

(Meeting leaders choose what to use or not.)

Welcome to the COSA ZOOM ROOM meeting. My name is _____ and I am doing service for this meeting. Before we begin, please unmute your audio to join in saying the (Host pick version here) of the Serenity Prayer (Clarify short 'me', 'we' or longer version):

'Me' Version (short version)

God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.

'We' Version (short version)

God, grant us the serenity to accept the things we cannot change,
Courage to change the things we can,
And wisdom to know the difference.

The Serenity Prayer (long version)

God, grant me the serenity to accept the things I cannot change,
courage to change the things I can,
And wisdom to know the difference.

Patience for the things that take time,

Appreciation for all that I have,

And tolerance for those with different struggles.

Freedom to live beyond the limitations of my past ways,

The ability to feel your love for me and our love for each other,

And the strength to get up and try again even when I feel it is hopeless.

(Read aloud) We welcome you to the Zoom COSA fellowship and extend to you our support and friendship. COSA is for people whose lives have been affected by another person's compulsive sexual behavior. This specific meeting focuses on the unique challenges of sexual anorexia/avoidance and welcomes both those who have been affected by a partner's or their own anorexic or avoidant behaviors. COSA is an anonymous Twelve-Step recovery program for spiritual development, no matter what our religious or philosophical beliefs.

Everything that is said in the group meetings and between members must be held in confidence.

This promotes open and honest sharing of our experience, strength, and hope, creating a trust level that many of us have never before experienced. By working the Twelve Steps in COSA, we gain a new perspective on ourselves and our lives. If you decide you are one of us, we welcome you with open arms.

To keep the room safe, we COSAs:

- Stay attentive, avoid cellphone use/texting and minimize distracting movements such as eating etc.
- Mute your microphone so that any background noise will not disturb the speaker.
- Keep your video on. If you must step away or temporarily stop your video, please address the group in the chat.
- Please be mindful as you prepare to enter the room that certain attire might be triggering for others and dress accordingly.

We're glad each person is here. Please feel free to stay for "Open Chat" after the meeting to learn more about COSA literature or if you have questions.

It is now time to read The COSA 12 steps (One volunteer OR "Popcorn Style") COSA 12 Steps?
(Share Screen)

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.
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Would someone be willing to read the Tradition of the month? 12 Traditions? (Share Screen)

1. Our common welfare should come first; personal recovery depends upon COSA unity.
2. For our group purpose there is but one ultimate authority — a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for COSA membership is that our lives have been affected by compulsive sexual behavior. The members may call themselves a COSA group, provided that, as a group, they have no other affiliation.
4. Each group should be autonomous except in matters affecting other groups or COSA as a whole.
5. Each group has but one primary purpose — to carry its message to those who still suffer. We do this by practicing the Twelve Steps ourselves.
6. A COSA group ought never endorse, finance, or lend the COSA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every COSA group ought to be fully self-supporting, declining outside contributions.
8. COSA should remain forever non-professional, but our service centers may employ special workers.
9. COSA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. COSA has no opinion on outside issues; hence the COSA name ought never be drawn into public controversy.

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication. We need guard with special care the anonymity of all Program members.

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

(Please Read)

During meetings, COSA members share their own experience, strength, and hope with the group. Advice-giving or telling people what to do, censure, belittlement, scolding or preaching, judging or commenting on what people say, and crosstalk — which means responding to another person's share or talking directly to a member, mentioning someone's name, or talking with someone else during the meeting — are strongly discouraged. Members are encouraged to talk only about themselves, using "I" terms, and to give feedback only if requested by the person who is sharing and only in "Open Chat" at the end of the meeting.

It is most helpful if members focus on the tools of the program, including the Steps, Traditions, and slogans. It is often necessary to talk about a problem, but sharing problems only brings short-term relief without recovery. Some members say "bring your mess to your sponsor and your message to your meeting." It is part of the trusted servant's role to monitor discussion, and it is also everyone's responsibility to speak up when someone is inappropriate.

So that all attendees get an opportunity to share, please limit your shares to three minutes, allowing time for re-shares & check-ins (PEMSSS (60 Second share on how you are feeling Physically, Emotionally, Mentally, Spiritually, Socially, Sexually (if desire))).

Would someone be willing to time the shares and let the person whom is sharing know when there is 30 seconds remaining?

Now it's time to go to today's topic. [Leader now shares screen/asks member responsible for topic to share screen & asks for someone to volunteer to read the topic]

Once Topic has been shared, invite members to share on the topic.

Closing Meeting

(Please Read)

Now is the time for us to honor the Seventh Tradition to be 'fully self-supporting, declining outside contributions'. Our groups have no established dues. Funds collected cover expenses such as website and PayPal fees, delegate fees, and donations to the ISO. At the end of local COSA meetings, a basket is passed for our Seventh Tradition. In the Zoomroom we have the easy option of making contributions via PayPal with a one-time or recurring donation. You can see our expenses and income during the last month, our total balance available as well as our budget for the year. Please visit <https://cosazoomroom.org/#seventh> to make your donation and to see the updated Financial Report.

I invite everyone to unmute and join me in closing with 'I Put My Hand in Yours.'

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams. – Rozanne S.

The meeting is officially over and is now in "Open Chat."

After the meeting, it is considered 'open chat' where everyone can unmute microphones (as long as the noise level remains doable) and talk about whatever subjects are on their heart. People can ask

for feedback in the form of members sharing specific ESH (not advice). The only guidelines are that there is no SA bashing or explicit sexual talk.
