

COSA HIR Meeting Script

(Meeting leaders choose what to use or not.)

Welcome to the Zoom Room Healthy Intimate Relationships Meeting. My name is _____. I'm a _____ and your leader-shepherd for this meeting. HIR (or Healthy Intimate Relationships) is a style of blended meeting in which both COSAs and sex addicts are welcome to participate fully, with or without partners. This meeting uses the Twelve Steps and Twelve Traditions of COSA to help us develop a greater capacity for empathy and emotional intimacy in our primary love relationships. So that everyone can be comfortable here, we ask that you respect the confidentiality of everyone present. Who you see here, what you hear here, when you leave here, let it stay here. To avoid triggering others, we do not refer to specific acting out places, people, or behaviors, but rather speak in general terms and refer to how you feel.

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.

In a face to face meeting it is appropriate to thank each speaker after their share. In the zoomroom, we borrow the applause sign from American Sign Language (show the hand wave) as an alternate way of expressing our gratitude.

Let's begin with a moment of silence followed by the Serenity Prayer — long version — (read by a volunteer couple or individual):

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.

Would someone please read the **Welcome**?

The COSA Welcome

We welcome you to the COSA fellowship and extend to you our support and friendship.

COSA is a Twelve Step recovery program for spiritual development, no matter what our religious or philosophical beliefs. Through working the Twelve Steps, we seek to achieve serenity, one day at a time.

The only requirement for COSA membership is to have been affected by compulsive sexual behavior. When dealing with the effects of this behavior, many of us experience profound trauma, pain, powerlessness, and unmanageability. Often, we turn to unhealthy behaviors of our own to manage our pain or try to control the behaviors of others.

In the long run, our efforts fail. The consequences leave us in despair: our self-esteem, personal boundaries, and values are seriously compromised. Our health and our lives are at risk, and we may feel our identity has been lost. We realize our need to reach out for help.

COSA offers hope, whether or not there is a sexually addicted person currently in our lives. In COSA, we begin to experience relief from our isolation in the safety of an anonymous gathering with others who share our stories. 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. The loving interchange of help among members and daily use of program tools make us ready to receive the priceless gifts of serenity and freedom.

...Thank you.

Would someone please read the Twelve Steps, please? (Note: the leader/shepherd may choose to have the Steps read “popcorn” style if desired.)

The Twelve 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.

...Thank you.

Would someone please read the **Gifts**

The Gifts of the COSA Program

With the Twelve suggested Steps of recovery, and the wisdom, experience, and support of the COSA group, we discover the faith and acceptance to let go of the situations we were once desperate to control, and the courage and strength to grow in matters we once avoided or denied. Gradually, the gifts multiply. As our awareness increases, so does our personal power and self-esteem. In our relationships, we learn detachment and become more fully present. In continued recovery, we live our lives in deeper joy, serenity, and fulfillment, one day at a time.

...Thank you.

It’s now time for introductions. If this is your first or second COSA meeting, please let us know so that we can welcome you. (Leader begins with) “Hi, my name is _____ and I’m a grateful recovering _____.” (The leader may want to call the name on the screen of each attendee to assure that no person will be left out of the introduction process.)

This meeting has a format that changes from week to week:

1st week of the month: Step study

2nd week of the month: Reader Share

3rd week of the month: Question and Response

4th week of the month: Topic Meeting – followed by Business Meeting during final 10 minutes

5th week of the month, when it occurs: Speaker Share

Since this is the _____ week of the month, our meeting format is _____. 1st week of the month: (Step Study format:) Today’s meeting format is step study. Our reader _____ will read from Conference-Approved literature of COSA, AA, Al-Anon, or another S-related fellowship to which (s)he belongs, on Step _____ for approximately 10 minutes, and then have the option to share for approximately three minutes on how this month’s Step applies to healthy intimate relationships.

2nd week of the month: (Reader Share format:) Today’s meeting format is reader share. Our reader _____ will read for approximately 10 minutes from Conference-Approved literature of COSA, AA, Al-Anon, or another S-related fellowship to which (s)he belongs, and then have the option to share for approximately three minutes on the reading in the context of healthy intimate relationships.

3rd week of the month: Question and Response: (Question and Response format:) Today's meeting format is question and response on the topic of healthy intimate relationships in the context of recovery. Anyone can pose a question. Once a question has been posed, up to three people can volunteer a response. We do not give advice in our responses but rather share from our own experience and speak in "I" terms only. Opinions expressed are strictly those of each speaker. Take what you like and leave the rest. Please keep your questions and responses to two minutes. Would someone be willing to be our timer, please?

4th week of the month: (Topic Meeting format:) Today's meeting format is a topic meeting. Our volunteer _____ will choose 1-3 recovery-related topics for group discussion, then the meeting will be open to anyone who wishes to share on those topics. To keep the meeting safe, we do not crosstalk, which means we do not interrupt or make direct comments about another person's share in our own shares, including asking questions, offering advice or appraisal, or using another person's name in our own shares. Instead, please share your own experience in "I" terms. Please keep your shares to two minutes. Would someone be willing to be our timer, please? We will close the meeting 10 minutes early to allow time for a business meeting.

5th week of the month, when it occurs: (Speaker Share format:) Today's meeting format is speaker-discussion. Our speaker _____ will share his/her ESH for 15-20 minutes on the topic of healthy intimate relationships in recovery.

(At the conclusion of the speaker/reader/step presentation) Now is time for the open sharing portion of our meeting. To keep the meeting safe, we do not crosstalk, which means we do not interrupt or make direct comments about another person's share in our own shares, including asking questions, offering advice or appraisal, or using another person's name in our own shares. Instead, please share your own experience in "I" terms. However, it is appropriate to refer to _____ [the reading] [the speaker's share if (s)he agrees to accept feedback]. Please keep your shares to two minutes. Would someone be willing to be our timer, please?

(Ten minutes before end of meeting when there are newcomers present) Now is the time we set aside for people new to the program to share if they haven't done so already. (If no newcomer wants to share, say, "We have time for one or two more shares.")

(Five minutes before the end of the meeting) That is all the time we have for sharing. If you didn't get a chance to speak, please share with someone after the meeting. Are there any COSA-related announcements? ...

Our Business Meeting immediately follows this meeting on the 4th week of each month. Everyone is welcome to attend. If you have an item for the business meeting, please contact me during fellowship.

Next week's meeting topic is _____ and we are looking for a reader/speaker/topic. Who would like to volunteer?

1st week of the month: Step study 2nd week of the month: Reader Share 3rd week of the month: Question and Response 4th week of the month: Topic Meeting – followed by Business Meeting during final 10 minutes 5th week of the month, when it occurs: Speaker Share
Who would be willing to read the **Promises**? ...

The Promises

"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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Thank you _____.

Would someone please read the **Closing**?

Closing

As we close, please be mindful that we each express our own opinions here. Take what is useful and leave the rest. We share with you based on our own experience, strength, and hope. We try to focus on, and identify with, the feelings expressed, rather than the situations. What is said here needs to stay confidential; this is necessary for safety in our recovery.

If you are new to the program, finding others that understand can be a great comfort. We hope we have shown you a special welcome at our meeting. There is not one of us here who does not remember what it felt like to attend our first meeting. Through the process of reaching out, we get to know one another. Although we are all different, we can see that the program works. There is no burden too heavy to be lifted and no sorrow too great to be healed. Support is a vital part of our recovery. This disease thrives in the darkness. We can bring it out into the light and find hope.

... Thank you _____.

Now is the time for our Seventh Tradition. (Please screen share from the <https://cosazoomroom.org/#seventh> website.)

Please unmute your microphones and join me in saying...

“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.

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The meeting is complete and now is the time for asking questions and fellowship.