

CZR Step Study

Introduction and Resources

Essential

Welcome to the COSA Zoom Room (CZR) Step Study. This is a study of the COSA Steps using materials from COSA, various COSA-sponsored Step Studies, and other Twelve Step programs. When outside (non-COSA) materials are used, we will recognize the resources. This is a 48-week program when presented in a CZR “formal” step study meeting but can be used by a sponsor and sponsee in any time frame desired. We have tried to provide as many of the resources possible, but still, recommend that you procure some materials to own. To purchase the COSA materials, please see resources [CZR Step Study Resource](#)

Each week, there will be essential assignments. When there is assigned reading, it is recommended that highlighters be used as a tool to quickly recognize what is of importance at a later time. Many weeks will also have recommended and/or optional assignments. The committee putting this together included only materials and resources that they believe are important to begin this journey. We believe that the axioms “we get out of it what we put into it” and “this is not a once and done” is very true for Step work.

Each Step Study group will take a “group conscience” (not before week three and no later than week five) as to when the group will close to new members. It is also important to note that, as this is a Step Study, we are able to utilize outside (non-COSA) resources. The group is encouraged to identify “trusted servants” to help with the necessary tasks such as email coordinator, WhatsApp (or other texting tool chosen) coordinator, Intergroup Representative, Delegate to the ISO Annual Meeting, secretary, calendar coordinator, survey coordinator, etc. Group conscience will determine what the needs for your group might be.

In addition to the chat thread for our group, WhatsApp has two chats that may be particularly helpful to you:

- ~ **General COSA WhatsApp** for chatting on other COSA-related topics.
- ~ **Next Meeting Up WhatsApp** lists the next available COSA meeting(s) occurring that day.

To be added to the above WhatsApp chats, attend the New Member meeting in the COSA Zoom Room Wednesday at 7:30 p.m. EST and ask to be included.

Each step study will strive to create a safe, supportive atmosphere within our group. We will work together to provide a place to grow together. A WhatsApp group will be created so group members can reach out for both sharing and support. The opportunity to serve and be served will be encouraged.

Each week will have a forever assignment. The benefits of making this a life-long habit are life-changing.

If you have further questions or concerns, please contact cosazoomroom@yahoo.com.

Recommended

Optional

CZR Step Study

Resources

Essential Resources:

- ~ *The Compilation Book of all Twelve COSA Step Booklets* [Print Version](#) (this version is all twelve booklets in one book)
- ~ COSA Step Booklet (12 book series sold separately) [Kindle Version](#) and [UK Kindle Version](#)
- ~ *A Program of Recovery: Is COSA For Me? – 52 Questions about Key Identifying Behaviors* [Print booklet](#) and [Kindle version](#) and [UK Kindle version](#)
- ~ *Sobriety in COSA – Defining our Three Circles and Bottom Line Behaviors* [Print booklet](#) and [Kindle version](#) and [UK Kindle version](#)
- ~ *Boundaries in Recovery* [Print booklet](#) and [Kindle version](#) and [UK Kindle version](#)

Links to additional free Resources

- ~ [List of Step 1 Balance Articles](#)
- ~ [COSA Balance Articles](#)
- ~ To sign up for the Balance and the COSAs in the Know publications, go to the bottom of any page on [COSA-Recovery](#).
- ~ [The Big Book | Alcoholics Anonymous](#)

Recommended Resources:

- ~ *Drop the Rock: Removing Character Defects - Steps Six and Seven* by P., Bill, W., Todd, S., Sara [Paperback](#) & [Kindle](#) versions & [UK](#) version. This book is available as an audible, which is worth listening to, but it is hard to follow along with the assigned reading.
- ~ *Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day* by Fred H. [Paperback](#) & [Kindle](#) version & [UK version](#)

Optional Resources:

- *Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives* by Pia Mellody [Paperback](#) and [Kindle version](#) and [UK version](#)
- *Breaking Free: A Recovery Workbook for Facing Codependence* by Pia Mellody [Paperback](#) and [UK version](#)
Note: At the time of this writing, the Kindle version is not formatted correctly.
- [Arizona Step Study | COSA-Recovery](#) - This is an excellent resource for working outside a group setting. However, it is always best to work the Steps with someone else to give feedback. This is the “we” part of our program.