

COSA 12 Steps in 15 Minutes Presentation

COSA Twelve Steps in 15 Minutes

Courtesy of Claudia M

Instructions

1. Choose a very specific situation. It should be a situation or experience where you need clarity and that is most recent.
2. Use your situation, not someone else's. For example, on your qualifier's last slip or relapse.
3. Keep your comments brief; whether you are helping someone else through the Steps or having someone else help you through the Steps.
4. As you are working through the steps, try to be succinct.
5. Don't worry if it doesn't work perfectly the first time. Practice!
6. Congratulate yourself on the work you did today.

Instructions

Step One

1. We admitted we were powerless over compulsive sexual behavior -- that our lives had become unmanageable

What am I powerless over in this situation? List those people, places, and things that I am powerless over, especially the ones that particularly frustrate me. What am I powerless to control or change? How has my life become unmanageable? How has my serenity been affected?

Acceptance

Step Two

2. Came to believe that a Power greater than ourselves could restore us to sanity.

Where is my Higher Power in this situation? What am I doing that just might be insane? Insanity might include doing the same thing over and expecting different results, but it is not limited to that. Do I believe my Higher Power can restore me to sanity?

Hope

Step Three

3. Made a decision to turn our will and our lives over to the care of God as we understood God.

Am I ready to turn over any outcome to the care of God?
What do I understand as the CARE of God? Is my HP
trustworthy enough to handle this? Say a prayer turning over
the specific situation.

Faith

Step Four

4. Made a searching and fearless moral inventory of ourselves.

Talk briefly about any important points you have not already
mentioned. List your defects in this situation.

Courage

Step Five

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

See if you can identify the core beliefs or problems that are causing you grief.

Honesty

Step Six

6. Were entirely ready to have God remove all these defects of character.

Talk about how the character defects you listed in Step Four are hurting you and others. Are you ready to let God remove those defects? If not, pray for that willingness.

Patience

Step Seven

7. Humbly asked God to remove our shortcomings.

Ask your HP out loud or silently to remove all those shortcomings which do not serve you or others in this situation.

Humility

Step Eight

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

Who have you hurt? Don't forget you. If you have hurt someone else, you have surely hurt yourself.

Willingness

Step Nine

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

Consider how to make amends. Make a commitment to make those amends. If you have a sponsor, check with them first. With practice, discovery appropriate amends will be easier.

Love

Step Ten

10. Continued to take personal inventory and when we were wrong promptly admitted it.

Commit to looking at the situation again and again until it is cleared up for you. Realize it may never be cleared up for the other person(s) and that your side is what you need to be concerned with. Especially look at your progress with the character defects you asked God to remove.

Integrity

Step Eleven

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.

Pray about this situation, and pray for the everyone involved, including yourself. Ask God into the situation if you have not already. Pray for knowledge of God's will for you and the power to carry that out.

Self-discipline

Step Twelve

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.

Be aware of any spiritual awakening or clarity you have had as a result of working the Steps this time. Share it with others and live by the principles you learned. Share the lesson(s) you learned in a meeting.

Service