

CZR Step Study

Introduction

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. We will recognize the resources when outside (non-COSA) materials are used. 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 we still recommend that you procure some materials to own. To purchase the COSA materials, please see the [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 CZR Step Study Committee included materials and resources gathered from other experienced COSAs. We believe that the axioms “we get out of it what we put into it” and “this is not a once and done” are true for Step work. We must also note that we utilize COSA and relevant non-COSA resources.

Each Step Study group may take a “group conscience” (not before week three and no later than week five) as to when the group will close to new members.

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 of your group might be.

Each step study will strive to create a safe, supportive atmosphere within the group. Leaders will work together to provide a healthy environment in which to grow together. A WhatsApp group may 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.

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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 bi-monthly newsletter and the COSAs in the Know publications, go to the bottom of any page on [COSA-Recovery](#).
- ~ [The Big Book | Alcoholics Anonymous](#)

Recommended Resources:

These two Pia Mellody books are used in both recommended and optional assignments.

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

¹ The resources and writings presented in this CZR Step Study have not been approved by the ISO of COSA.

Essential

The essential assignments are the foundation of working each step. Most resources are from ISO of COSA-approved literature.

Recommended

The recommended assignments are valuable COSA and non-COSA-approved resources provided by COSAs for COSAs.

Optional

The optional assignments are valuable COSA and non-COSA-approved resources provided by COSAs for COSAs.