

# CZR Step Study

## Step Two – Week 1 of 3

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

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.<sup>1</sup>

1. Read the *COSA Step Two* booklet/chapter up to the Voices. For information on ordering, see Step Study [Resources](#) on the [COSA Zoom Room](#) website.
2. Read the *COSA Boundaries in Recovery* booklet/chapter up to the Voices. For information on ordering, see Step Study [Resources](#) on the [COSA Zoom Room](#) website.
3. Pray daily – even if you aren't sure where the prayer is going.
4. Spend some time each day thinking about/meditating on the words of Step Two. After several days of meditation, pick one word that stands out to you, and write about that word (any length, any style of writing).<sup>2</sup>

#### Exercise:

#### God is or is not<sup>3</sup>

A) Finish Part A completely before moving on to Part B.

My God is/does NOT \_\_\_\_.

5. List as many attributes and things you *don't* believe in or *don't* believe about God as possible. Think about everything that makes you angry or resentful about the religious or spiritual practices or beliefs you grew up with, that are part of your life now, or that are part of your culture, or the national culture or our local culture in general. Think about everything you *don't* want as part of your life. Be as creative, broad, and honest as you can. (e.g., My God is not cruel. My God is not a sentient being. My God does not hate. My God is not anti-gluten.) 🤔

[This exercise is continued on the next page.](#)

<sup>1</sup> [Our Way of Life](#)

<sup>2</sup> South Bay Step Group by Amy MJ and Brian T.

<sup>3</sup> South Bay Step Group by Amy MJ and Brian T.

B) When you have thoroughly let out all your ugly stuff, put that list aside and complete the following:

My God IS/DOES \_\_\_\_\_.

6. List as many things you do believe in and trust as possible. List anything you think of as a Power greater than yourself. Again, think broadly, creatively, and honestly! Write what you do believe and what makes you feel uplifted. These need not be spiritual. Even atheists or agnostics still believe *in* something! (e.g., Compassion, love, the ocean, the laws of physics, the collective knowledge of all humankind, chocolate, the healing power of the 12 Steps...)

C) When you are done, look at both of your lists.

7. What, if anything, comes up for you about either or both?

### Forever Essential Assignments

For our recovery, attending meetings and contacting other COSAs is important. It is recommended for the entire year-long step study. It helps us embrace the “we” part of our fellowship.

- Attend at least one COSA meeting in addition to this Step Study
- Contact at least one COSA

## Recommended

### Boundaries Exercises

8. Read *Facing Codependence* by Pia Mellody, Chapter 2, pages 7–11, from the beginning of the chapter through ...her son is having a problem. For information on ordering, see Step Study [Resources](#) on the [COSA Zoom Room](#) website.
9. Read *Facing Codependence* by Pia Mellody, Chapter 5, pages 77–79, from the beginning of the chapter through ...I must be pretty crummy.

## Optional

10. Listen to [Step Two Chris C](#) Speaker Series

### Forever Optional Assignments

- For more information on each step, read the *COSA Balance* newsletter. For information on ordering, see Step Study [Resources](#) on the [COSA Zoom Room](#) website.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

# CZR Step Study

## Step Two – Week 2 of 3

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

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.<sup>4</sup>

1. Continue to pray every day, at least once. More, if you find it helps!
2. Choose at least three readings from the COSA Voices in the *COSA Step Two: Working the COSA Second Step* booklet/chapter.

“Setting boundaries is making clear what is ok and what’s not ok, and why.” *Dare to Lead* by Brene Brown.

3. Choose at least three readings from the COSA Voices in the *COSA Boundaries in Recovery* booklet/chapter up to the Voices.

#### **Please read and answer the questions below:**<sup>5</sup>

The following questions are prompts to help you recognize your thinking and behavior regarding working this Step. What matters most is how these concepts relate to your life. Be prepared to share your answers with your group.

4. "Came to believe" suggests that belief (and recovery) takes time. Where are you in your own process of coming to believe?
5. Do you believe you need to be restored to sanity? Why or why not?
6. In Step 1, we looked at some aspects of ourselves that hurt us. What, if anything, do you think could help you overcome those and become the person you want to be? (The answer does not necessarily need to be spiritual.)

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<sup>4</sup> [Our Way of Life](#)

<sup>5</sup> South Bay Step Group - Amy MJ & Brian T.

## Recommended

7. Read and highlight [Chapter 4](#) from the *Big Book / Alcoholics Anonymous* pages 44-57, the entire chapter of *We Agnostics*.

### Boundaries Exercises

8. Read *Facing Codependence* by Pia Mellody, Chapter 2, pages 7–11, from the beginning of the chapter through ...her son is having a problem.
9. Read *Facing Codependence* by Pia Mellody, Chapter 5, pages 77–79, from the beginning of the chapter through ...I must be pretty crummy.

## Optional

### Gratitude Journal:

10. Begin a journal with the sole purpose of writing, any length or style, documenting those details in your life for which you are grateful. Begin with 3-5 things per day. It could be as simple as “I’m grateful for the sunshine.” It could be as eloquent as “thank you ... for bedsheets in billowing winds... and one last leaf still hanging in the orchard.” (Ann Voskamp in *One Thousand Gifts*). It is usually best to make this a part of your daily “rituals,” either first thing in the morning or near bedtime.<sup>6</sup>
11. Read the *Gratitude Journaling Presentation*. See Step Study→ Step Two→[Gratitude Presentation](#) on the [COSA Zoom Room](#) website for the PDF.

### Forever Optional Assignments

- For more information on each step, read the *COSA Balance* newsletter. For information on ordering, see Step Study [Resources](#) on the [COSA Zoom Room](#) website.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.

<sup>6</sup> Stepping Into Recovery Step Study

# CZR Step Study

## Step Two – Week 3 of 3

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

### Essential

#### Before We Begin — The Set-Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the Twelve Steps and you, for an open mind, and a new experience of myself, my brokenness, the Twelve Steps and especially you.<sup>7</sup>

1. Continue to pray every day, at least once. More, if you find it helps!
2. Choose at least three questions from the *COSA Boundaries in Recovery* booklet/chapter Exercise One to answer. The questions follow the COSA Voices. Remember, the ones you want to skip are likely ones that you need to answer.

#### **Please read and answer the questions below.<sup>8</sup>**

The following questions are prompts to help you recognize your thinking and behavior regarding working this Step. What matters most is how these concepts relate to your life. Be prepared to share your answers with your group.

3. Have any of your past spiritual beliefs or practices hurt you or added to your insanity?
4. In what ways might you have looked to the sex addict(s) in your life as a power greater than yourself? Were there other people you considered a higher power in your life?
5. If there is not enough time to share everything you've written, what is most important or helpful to share in your group? (Remember that what is most important or helpful is often what we are most ashamed of or fearful about sharing.) Consider sharing this at a COSA meeting as well.
6. Were there any questions or concepts you struggled with, found confusing, or where you felt stuck?

#### Forever Essential Assignments

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- Contact at least one COSA

<sup>7</sup> [Our Way of Life](#)

<sup>8</sup> San Jose Step Group by Amy MJ & Brian T

## Recommended

7. **Story In Three Sentences.**<sup>9</sup> For instructions, see Step Study→Step One→[Story In Three Sentences Presentation](#) on the [COSA Zoom Room](#) website for the PDF.
- Sentence 1: The Story – Write out (in one sentence) how you came to believe that a power greater than yourself could restore you to sanity.
  - Sentence 2: Write out (in one sentence) what you did that you wish you had either not done or done differently.
  - Sentence 3: Write out what would have been a better choice and/or what I would choose to do when that situation repeats itself.

### Example:

- The Story:** I came to believe that my God was a God of miracles, and if I was willing to follow those “still, small voice” promptings, I could return to a life of serenity – and it had to start with just one moment of serenity at a time.
- What do you wish you had either not done or done differently?** I failed to take the time and effort to learn specifically about sex addiction before marrying Ron. However, I’m not sure I could have heard it at the time because it felt so “right” to be the object of his attention, which I thought was love, rather than understanding that I was the object of addiction.
- What would have been a better choice?** I should have waited longer before marrying him, living in the same area together, and doing SA/COSA recovery together to understand more clearly what was possibly ahead in this marriage.

### Boundaries Exercises

- Read *Facing Codependence* by Pia Mellody, Chapter 2, pages 11–22, from Core Symptom 2 through ...other people share with them.
- Read *Facing Codependence* by Pia Mellody, Chapter 5, pages 79–83, from The Link Between A Child’s... through ...not know how to esteem himself.

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<sup>9</sup> Dennis F - [website](#)

## Optional

9. Read and complete Exercise Two in the *COSA Boundaries in Recovery*.
10. Continue your Gratitude Journal. Here are some resources that may help you on this journey. If you don't already have a notebook designated for this, consider purchasing a new one. Amazon carries many options if you don't have a local place you prefer to shop.
  - a. [Gratitude Journal | Practice | Greater Good in Action](#)
  - b. [Gratitude Journal: 66 Templates & Ideas for Daily Journaling](#)
  - c. [Gratitude journal - Wikipedia](#)

### Forever Optional Assignments

- For more information on each step, read the *COSA Balance* newsletter. For information on ordering, see Step Study [Resources](#) on the [COSA Zoom Room](#) website.
- If you happen to have other Step literature at home (S-Anon, Al-Anon, 12 & 12, Gentle Path, ACA, Codependents' Guide, etc.) and are interested in exploring it, feel free to read and think about what these resources have to say about this Step.