

CZR Step Study¹

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 resources as possible, but we still recommend that you procure some materials to own. Note: Any underlined and blue text is a link to another document or website. [Resources](#)

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” is true for Step work. We must also note that we utilize COSA and relevant non-COSA resources.

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

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

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

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.

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

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Resources

Essential Resources:

- ~ Twelve COSA Step Booklets These are the same resource in different formats. You only need to choose which format works best for you.
 - *The Compilation Book of all Twelve COSA Step Booklets* [Print Version](#) (this version is all twelve booklets in one printed book)
 - COSA Step Booklet (12 book series sold separately) [Kindle Version](#) and [UK Kindle Version](#)
- ~ *Boundaries in Recovery* [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](#)

If you choose to use printed resources from the COSA store, it is recommended that you purchase them together as soon as possible, as they take several weeks to arrive.

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 first two Pia Mellody books are used in 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](#) and [Kindle versions](#) and [UK version](#) - This book is available as an audio. It is worth listening to, but following along with the assigned reading is difficult.
- ~ *Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day* by Fred H. [Paperback](#) and [Kindle version](#) and [UK version](#)
 - Both books are available digitally in a two-pack bundle. [Kindle version](#) and [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 another excellent resource for working outside a group setting. However, it is always best to work on the Steps with someone else to give feedback. This is the “we” part of our program.

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