

CZR Step Study

Step One – Week 1 of 5

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

Essential

Before We Begin — The Set-Aside Prayer

God, please help me 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.¹

1. Read the *COSA Step One: Working the COSA First Step* booklet/chapter up to the Voices. For information on ordering, see Step Study → [Resources](#) on the [COSA Zoom Room](#) website.
2. Spend some time each day thinking about/meditating on the words of Step One. After several days of meditation, pick one word that stands out to you, and write about that word (any length, any style of writing).²

Please read and answer the questions below.³

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. Why do you think the Steps use the words "we" and "our" instead of "I" and "my?"
4. Complete this sentence (in as many different ways as you would like): If only I was/were _____, then the sex addict in my life would not act out.
5. What beliefs do these completed sentences (above) reveal about your view of yourself and your relationship to the acting out? In what ways
 - a. Do you blame yourself for the addict's behavior?
 - b. Do you blame the addict for your behavior?
 - c. Have you tried to make these changes to yourself or the addict?
 - d. What was the result?

¹ Adapted from Herb K's [Way of Life](#) document

² South Bay Step Group by Amy MJ and Brian T

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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

Please read and answer the questions below.

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.

Do not answer these questions - just ASK them first.⁴

6. Is this Twelve Step process what I really want to do at this time?
7. Why do I want to submit to this process at this time?
8. At this time, am I willing to go to any lengths? What does this mean?
9. In what areas of my life am I dishonest with myself and others?

After reviewing them, take your time and write out your answer to the above questions; no less than one sentence, no more than one page per question.

10. Prepare to share your answers in a breakout room next week.

Optional

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.

⁴ Herb K

CZR Step Study

Step One – Week 2 of 5

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

Essential

Before We Begin — The Set-Aside Prayer

God, please help me 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.⁵

1. Choose at least three readings from the COSA Voices in the *COSA Step One: Working the COSA First Step* booklet/chapter.

Please read and answer the questions below.⁶

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.

2. When you consider admitting your powerlessness over compulsive sexual behavior, are you still holding onto resistance? In what ways? What do you fear you will lose by admitting powerlessness?
3. The First Step says we are powerless over compulsive sexual behavior. In what ways are you powerless, not just over the sex addict's behavior, but over your own behavior in response to sex addiction?

Personal Narrative Instructions⁷

This week, we will begin writing a narrative-style autobiography. To get an idea of the time frame, just divide your age by three. For the next three weeks, we will each write our life story, one-third at a time. (For example, if you are 60 years old, in the first week, you will write about ages 0–20; in the second week, write about ages 21–40; and in the third week, about ages 41–60. If there is a natural break that is better for your story, use that as your guide.) As Step One says, “*We admitted we were **powerless** over compulsive sexual behavior—that our lives had become **unmanageable**.*” This is our opportunity to identify and look at the powerlessness and unmanageability in our lives. Write as much as you need to tell your story.

⁵ Adapted from Herb K's [Way of Life](#) document

⁶ Walk in the Light Step Study

⁷ Walk in the Light and Stepping Into Recovery Step Study

4. Assignment: Write your narrative, starting with the first one-third of your life.

Here are some prompts to help you describe your family dynamic and experience for your narrative:

- ~ Where did you grow up?
- ~ Were you living with both parents or siblings, or just one parent, sibling, or another family member, divorced, adopted, etc.?
- ~ Addiction dynamic – Were there any addictions, drugs, alcohol, work, food, etc., in the family or yourself?
- ~ Was there any hidden anger, fear, neglect, abandonment, mental, emotional, or physical abuse, or mental or physical disease experienced by yourself or others in your family?
- ~ What were your behaviors and actions (learned or developed) towards yourself, friends, and others?
- ~ Incest – Was there any emotional or physical incest experienced from/by family, friends, clergy, or others?

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- Contact at least one COSA

Recommended

5. Read [Chapter 5](#) from the Big Book | Alcoholics Anonymous pp. 58-60, the beginning of the chapter through "We claim spiritual progress rather than spiritual perfection."
6. Watch: Brainbook — [▶ The Science of Addiction and The Brain](#)

Optional

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 One – Week 3 of 5

*We admitted we were powerless over compulsive sexual behavior —
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Essential

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1. Choose at least three questions to answer from the *COSA Step One: Working the COSA First Step* booklet/chapter. The questions follow the COSA Voices. Remember, the ones that you want to skip are likely ones that you need to answer.
2. Continue writing your personal narrative/autobiography, which you began last week. This will be about the second third of your life. If you need further details, see the [Personal Narrative Instructions](#) from week two.
3. Begin your quest for a sponsor/co-sponsor. We recognize that co-sponsorship is more available in the step study environment. Attend the Newcomer’s meeting in the COSA Zoom Room on Wednesday at 7:30 p.m. Eastern Time, which is dedicated to helping new COSAs learn about COSA and website resources. If you cannot attend during this time, the script is available at the [New Members Meeting Script](#).

Please read and answer the questions below.⁹

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. What behaviors do you engage in to cope with sex addiction or avoid/manipulate your feelings?
5. What behaviors do you keep returning to even though they have the same unsatisfying outcome or have hurt you or others?

⁸ Adapted from Herb K’s [Way of Life](#) document

⁹ Walk in the Light Step Study

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

Recommended

6. Read the *Sponsorship Options* Presentation.¹⁰ See Step Study→ Step One→[Sponsorship Options Presentation](#) on the [COSA Zoom Room](#) website for the PDF.
7. Listen to Arizona Step Study Mp3s on Sponsorship Part 1: [Arizona Step Study | COSA-Recovery](#)

Optional

8. Watch: Ted Talk — [Brené Brown: Listening to shame | TED Talk](#)

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.

¹⁰ Stepping Into Recovery Step Study

CZR Step Study

Step One – Week 4 of 5

*We admitted we were powerless over compulsive sexual behavior —
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Essential

Before We Begin — The Set-Aside Prayer

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Personal Narrative:

1. Continue writing your personal narrative/autobiography, which you began two weeks ago. This will be about the final one-third of your life. If you need further details, see [Personal Narrative Instructions](#) from week two.

Please read and answer the questions below.¹²

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.

2. What does unmanageability look like in your life? You might think about whether sex addiction and your response to it has caused you to violate the law or your values, cause physical harm (to people, animals, objects), neglect your own needs, or place yourself or others in danger. Has it negatively affected your Career? Finances? Education? Physical health? Mental health? Relationships with others? Spirituality?
3. If you don't have enough time to share everything you've written, what is most important or helpful for you to share with your group about your work on this step? (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.

¹¹ Adapted from Herb K's [Way of Life](#) document


¹²South Bay Step Group - Amy MJ & Brian T

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- Contact at least one COSA

Recommended

7. Watch: TedX Talks —  How Habits of Honesty and Transparency Can Transform Your Life | Jennah Do...

Optional

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 One – Week 5 of 5

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Essential

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Personal Narrative:

1. If you haven't already, finish writing your personal narrative. If possible, try to complete it this week. Share it with a sponsor or experienced COSA. Once you have done that, seek out a small group of fellow COSAs with whom you can share your narrative.
2. Were there any questions or concepts you struggled with, found confusing, or felt stuck?

Forever Essential Assignments

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- Contact at least one COSA

¹³ Adapted from Herb K's [Way of Life](#) document

Recommended

3. **Story In Three Sentences.**¹⁴ 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 your life is unmanageable and/or how you are powerless over compulsive sexual behavior.
 - 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:** *My desire to help others to be involved in various projects at work or to gain recovery through working COSA recovery can feed my workaholic defect of character and inner circle behavior, leaving me feeling overwhelmed.*
- What do you wish you had either not done or done differently?** *My focus on the needs and desires of others, though it may temporarily help me to feel valuable, sometimes keeps me from being physically and emotionally present to my husband or truly taking care of my own needs.*
- What would have been a better choice?** *I would choose daily – and sometimes hourly – to take into careful consideration the requirements of the day for my work, allot appropriate time for each activity, talk with my COSA service sponsor before accepting any new COSA commitment, schedule time to chill or play so I don't just ignore myself and check with Higher Power before agreeing to any new commitment.*

Optional

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.

¹⁴ Adapted from Dennis F - [website](#)