



Has Your Life Been Affected by Sex Addiction?

COSA is a powerful source of support. We are an anonymous, international Twelve Step fellowship for those whose lives have been affected by compulsive sexual behavior. In COSA, we find hope and relief whether or not there is a sexually addicted person currently in our lives.

Who are the members of COSA? We are a richly diverse fellowship. We include: present or past partners or spouses of sex addicts; adult children of sex addicts; parents, family members, or friends of those who struggle with compulsive sexual behaviors; people who identify both as COSAs and as sex addicts; sexual abuse survivors; and people of all genders and sexual orientations. As our Third Tradition states, "The only requirement for COSA membership is that our lives have been affected by compulsive sexual behavior."

There are many gifts of the COSA program. We heal from our pain and come out of isolation by sharing our experiences, listening to others, practicing the Twelve Steps, and abiding by the Traditions and Concepts. By working the program, we grow spiritually. Our relationships and our lives become more meaningful and more fulfilling. In COSA, we discover inner strength, unshakable serenity, deep joy, and lasting freedom.

Is COSA for you?

1. Have you been physically affected by compulsive sexual behavior? Have you had stress-related illnesses or sexually-transmitted diseases? Have you had a baby or an abortion to attempt to fix a relationship?
2. Do you engage in compulsive, self-destructive, or depressive behaviors to avoid your feelings?
3. Do you sometimes feel crazy and have a hard time separating the truth from lies when talking to the sex addict?
4. Do you feel immense shame about the sex addict's sexual behaviors — that what the sex addict has done is a reflection on you or your family?
5. Do you put the sex addict's needs before your own?
6. Do you spend time searching for clues to the sex addict's acting out — checking personal space, computers, cars, bank records, phone bills, or laundry for clues to the addictive sexual behavior of the addict?
7. Do you avoid ever speaking with others (such as close friends, a professional counselor, or sponsor) about your sexual behaviors or feelings?
8. Do you focus on another person's sexual attitudes, beliefs, or needs more than your own?
9. Do you engage in sexual activities that feel unpleasant, painful, scary, degrading, or shaming?
10. Do you believe you would be happy if only the sex addict would change?

If you answered "yes" to any of the questions above, you do not need to suffer alone! You will find help at our meetings. For a list of local meetings, check out our website at <https://cosa-recovery.org/>. Daily telephone meetings and online meetings are listed on our website as well.

About the COSA fellowship: COSA is not a therapy group, nor is it designed to replace therapy. The COSA fellowship is steadfastly autonomous — we are not affiliated with any other organizations. We are also self-supporting, sustained entirely by voluntary donations of time and money from our members. Our primary purpose is to recover from the effects of compulsive sexual behavior in our lives and to reach out to those who still suffer.

The good news is that if you need COSA you can begin your COSA recovery today!

Visit our website at <https://cosa-recovery.org/>, e-mail us at info@cosa-recovery.org, or phone us at (866) 899-COSA (2672).



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