

# **Working The Cosa Tenth Step Cosa Step Booklet 10 - The Path to Lasting Recovery**

The Cosa Tenth Step is an essential part of the Cosa Step Booklet 10, which serves as a guide for individuals seeking lasting recovery from addiction. This step involves a deep self-reflection, personal inventory, and making amends, all aimed at maintaining spiritual growth and preventing relapse.

Many individuals in recovery find the tenth step to be one of the most challenging yet rewarding steps to work on. It requires constant vigilance and honesty with oneself to identify character defects and promptly admit mistakes.



**Discover the Benefits of Holistic Addiction**



## COSA Step Ten: Working the COSA Tenth Step (COSA Step Booklet Book 10)

by International Service Organization of COSA (Kindle Edition)

★★★★★ 5 out of 5

Language : English  
File size : 482 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 22 pages



### Understanding the Cosa Tenth Step

The purpose of the Cosa Tenth Step is to continue the process of self-improvement and spiritual growth initiated through the previous nine steps. It involves a daily practice of self-reflection and observation to promptly identify any harmful behaviors, attitudes, or thoughts that may hinder one's progress in recovery.

By actively examining our actions, we become aware of patterns, triggers, and unresolved resentments. This step calls for complete honesty and willingness to face the truth about oneself, which can be challenging but necessary for personal growth and long-term recovery.

### The Importance of Personal Inventory

A crucial component of the Cosa Tenth Step is conducting a regular personal inventory. This inventory involves taking a thorough and honest look at our behaviors, attitudes, and interactions with others. It helps us identify any harm done, mistakes made, or resentments harbored.

# Steps to Creating Lasting Positive Change

1. 3 Gratuities
2. Journaling
3. Exercise
4. Meditation
5. Random Acts of Kindness

-Shawn Achor, Author *The Happiness Advantage*  
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By recognizing these shortcomings, we pave the way for change and personal growth. We learn to take responsibility for our actions and make amends where necessary. The inventory also helps us identify any patterns that may lead to relapse, allowing us to address them proactively.

## **Making Amends**

Making amends is a significant aspect of the Cosa Tenth Step. It involves taking direct action and making things right with people we have harmed or wronged during our addiction. This can be a challenging process, as it requires humility, courage, and a sincere desire to repair the damage caused.

However, making amends not only helps us heal our past relationships but also frees us from the guilt and shame that often accompany addiction. It allows us to move forward with a clear conscience, creating a solid foundation for lasting recovery and personal fulfillment.

## **The Role of Sponsorship**

Sponsorship plays a crucial role in working the Cosa Tenth Step. Having a sponsor, someone who has successfully worked through this step themselves, can provide guidance, support, and accountability throughout the process.

Sponsors help us gain a different perspective on our actions and assist us in identifying blind spots and areas for improvement. They offer valuable insight and experience, helping us navigate the challenges that arise during the tenth step.

## **The Rewards of Working the Cosa Tenth Step**

While working through the Cosa Tenth Step can be challenging at times, it offers numerous rewards for those committed to their recovery journey.



By diligently practicing this step, individuals experience personal growth, emotional healing, and a deepening of their spiritual connection. It helps build a strong foundation for a healthy and fulfilling life without the burden of addiction.

Working the Cosa Tenth Step also helps prevent relapse by addressing any harmful behaviors and thought patterns before they escalate. It promotes greater self-awareness and helps individuals develop healthier coping mechanisms to deal with life's challenges.

## **In**

The Cosa Tenth Step is a vital part of the Cosa Step Booklet 10, offering a pathway to lasting recovery and personal transformation. This step requires honest self-reflection, personal inventory, and making amends to continue the journey of growth initiated in earlier steps.

By diligently working on this step, individuals can achieve profound change and experience the rewards of lasting recovery. It enables them to live a life free from the grips of addiction, forge meaningful connections with others, and cultivate a deep sense of purpose and fulfillment.

Start working the Cosa Tenth Step today and embark on a journey that will lead you to lasting recovery and a better life!

*Disclaimer: This article is not intended to replace professional advice. If you are struggling with addiction, please seek help from a qualified professional.*

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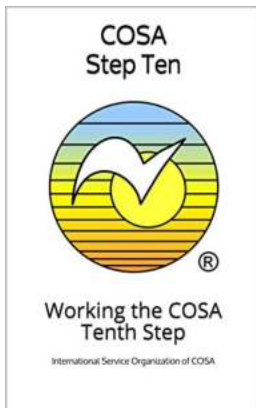
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COSA is a Twelve Step recovery program for anyone whose life has been affected by another person's compulsive sexual behavior. The COSA Step Ten booklet contains experience, strength, and hope on working the Tenth Step in COSA.



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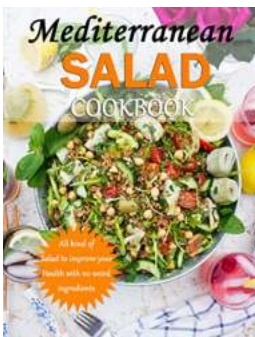
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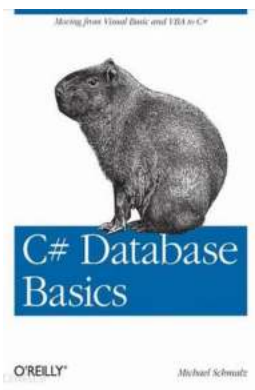
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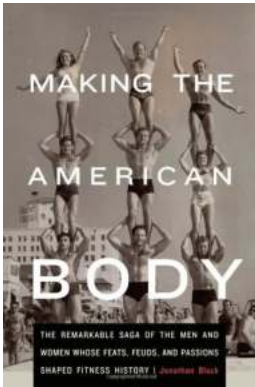
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