

Co-Addicted Women in a Relationship with Sexually Addicted Men - COSA

What sexual addiction is and what causes it, is mostly unknown to many people. In this group we use the 8 Principles and the 12 Steps, so co-addicts can confront their own denial and behavior while gaining insight and understanding of their spouse's addiction.

Co-addicts may share the following experiences:

- Having a spouse who has continually called "900" sex numbers
- Having a spouse who is currently having or has had an affair
- They, themselves, are having an affair
- Issues dealing with molestation and abuse from spouse
- Their spouse having homosexual affairs
- Their spouse watching adult sex videos and buying pornography (magazines)
- Their spouse having sex with prostitutes
- Their spouse's obsession with sex to the point of self - injury

Through a Christ-centered recovery group, the co-addict can achieve the following:

1. Allow the co-addict to hear the faulty beliefs and struggles of other co-addicts.
2. Learn healthy, Christian values for family roles and rules.
3. Gain information about healthy sexuality and relationships.
4. Break through denial and other family patterns.
5. Encouragement from the group to find peace, strength, and grace through a personal relationship with Jesus Christ.
6. Build healthy relationships by finding love and acceptance in a "safe" place to share.