

What is Sponsorship?

AA defines sponsorship as “an alcoholic who has made some progress in the recovery program shares that experience on a continuous individual basis with another alcoholic who is attempting to attain or maintain sobriety through AA”

Sponsorship can be an important tool in recovery. Now we are not AA but we are fortunate enough to have been given the Twelve Step Program and the tradition of sponsorship from them. Sponsorship is an important part of any twelve step recovery program. A sponsor is a valuable resource, one that should be taken advantage of.

Why can't I work the steps myself?

- Your best thinking got you here
- Provides another perspective
- Builds humility
- Steps cannot be worked alone- basis of the program
- Recovery is not meant to be done alone

What does a sponsor do?

4 Major agreements

- Primary responsibility is to help work steps
- Discuss expectations, objectives, requirements before entering into a relationship
- Share experience, strength and hope with sponsee instead of running sponsee's life
- Never take advantage of sponsee in any way

WHAT DOES A SPONSOR NOT DO?

- A sponsor can not keep us in recovery
- A sponsor is not a therapist
- A sponsor should not attempt to control our lives or encourage an unhealthy dependence
- A sponsor should not take advantage of us or exploit us in any way.

Factors to Consider For Finding A Sponsor

- Have what we want
- lives in the solution
- Walks the talk
- Has a sponsor
- Emphasizes the steps
- Has more time in recovery than we do
- Has worked more steps than we have
- Is available for telephone calls and meetings
- Emphasizes the spiritual aspect of the program
- Gender is the same as ours

Suggestions on finding a sponsor

- It takes time to find a sponsor
- Ask your program friends who sponsors them

When you find someone in a meeting with what you want:

- Talk with that person after the meeting
- Ask for their telephone no.
- Meet with them for coffee to get to know them