

Q. What Should a Sponsee look for in a Sponsor?

A. Look for someone who:

- Is Sober
- Continues Working the 12 steps thoroughly
- Has something (type of sobriety/serenity) that you want to have
- Is Truthful
- Has Integrity/walks the walk
- Keeps things Confidential – not a gossip
- Networks in AA
- Holds one accountable/structure
- Is Approachable
- Is Honest & upfront
- Has good Knowledge of the 12 steps
- Is Spiritually minded. God centered
- Has a sponsor
- You can relate to
- Is compatible with you
- Is of service
- Has time for sponsorship
- you can't bull----
- Is the same sex as you
- Gives good direction that works

Q. When am I ready to be a sponsor?

A. Consider these suggestions:

- Ask your sponsor.
- When I am willing to listen
- When I have worked all 12 steps.
- Bill W and Bob told their sponsees to look for newcomers right away.
- God will tell you when you are ready.
- It's hard to be brave enough.
- Check your Motives.
- Disappointing when sponsees flake.
- Read pamphlet and if you can answer yes, you're on the right track.
- Attend a Joe & Charlie workshop with sponsor.
- When you have had a Spiritual awakening
- I Can't understand the walk if I'm not walking.
- Check that the new person is willing to go to any length to stay sober.
- Check that the new person is willing to Following direction.
- Willingness.
- Told if I have 1 day, I can be of service.
- My sponsor was my example.

Q. How do I change sponsors?

A. Some suggestions are

- Be honest with the previous sponsor and thank them for their help.
- If a sponsor is not ok with you changing then you probably made the right choice to get a new sponsor.
- Ask for someone to be a temporary sponsor.
- Sometimes the change is beneficial mutually.
- Preferably do this in person. Don't text or leave a voice mail.
- Sometimes concerns of the health of sponsor cause you to want to change.
- Changing is about setting boundaries and checking your motives for changing.
- Important that the new sponsor understands traditions and concepts

Q. Boundaries of Sponsorship: the do's and don'ts
A. Common sense and the program suggest some of the following

- Medication – we are not doctors in AA. Tell them they should take meds only as prescribed by a doctor. Ok to tell them Nyquil has alcohol in it. Oh no!
- Money: If you give, don't expect it back. We don't carry the alcoholic. We carry the message. I didn't appreciate the things I did not earn.
- Forcing – Guide them. Do not tell them what to do.
- Discuss & set boundaries from the beginning.
- You will probably make mistakes with your first sponsee; You will learn.

Q. What is a Service Sponsor?

A. Someone who

- Introduces a sponsee to a variety of service and trusted servants, available positions
- explains the importance of service so "The hand of AA is always there."
- has experience and will sit next to us at a business meeting, explain guidelines, formats, lingo, acronyms.
- Will explain/introduce us to the 12 concepts.
- might say, "Get in the car." "Greeters don't get drunk." "Undercommit but overdeliver."
- explains the Importance of temporary service sponsors.
- helps to guard against overcommit and/or burn out.

Q. How does a sponsor handle the overly dependent sponsee?

A. Sponsor might consider

- am I (the sponsor) co-dependent? Am I coming from love and faith or fear?
- making clear agreements about expectations on both sides
- keeping communications open
- asking him/herself, "Did my sponsee call 1-3 other people before calling me?"
- look carefully at my own issues
- can an overly dependent sponsee exist without a sponsor's codependence or allowance?

**THANK YOU TO ALL WHO TOOK PART IN THIS FORUM!
EVERYONE WHO ATTENDED LEARNED A LOT ABOUT
HIMSELF OR HERSELF ... AND WE LOOK FORWARD TO
ANOTHER WORKSHOP IN THE FUTURE!**

