SHOULD WE HAVE MORE THAN ONE SPONSOR?

A sponsor should be a recovering addict in the 12 Steps program. A sponsor is not someone who has
been in recovery for many years or even decades. Instead, a sponsor is someone who has
been through the 12 Steps and has
experienced what it is like to
be in recovery. A sponsor should
be a
person rather than many.

WHAT LENGTH OF CLEAN TIME SHOULD A SPONSOR HAVE?

A sponsor should have a clean
time of at least 3 years. This
ensures that the sponsor has
recovered from the 12 Steps
and can offer guidance and
support to the person in
recovery.

SHOULD MY SPONSOR BE A MAN OR WOMAN?

Ideally, the sponsor should be someone of the opposite gender. This allows for a
more comfortable and effective relationship.

SHOULD A SPONSOR BE A FRIEND?

A sponsor should be a friend,
someone who will listen
and offer support. The
sponsor should also
be someone who has
been through the 12
Steps and can provide
insight and guidance.

WHO NEEDS A SPONSOR?

If you are a person in recovery and
are looking for someone to
provide support and guidance,
consider seeking a sponsor.

INTRODUCTION
able to reflect on personal growth.

As we grow in the Program we learn to be more open and honest with others.

Remember: Just for today I will have faith in someone in N.A. who believes in me and wants to help me in my recovery.

HOW DO WE USE A SPONSOR?

Communication is the key to this relationship. When we have questions about any part of our Program, we know we can look to our sponsor, but it is our responsibility to get in touch with them during these times. Whether it be by telephone or in person we share our problems with our sponsor. Good or bad we try to share our experiences on a daily basis. Day or night, whenever we feel the need, we contact our sponsor. It is important that we be honest with our sponsor: that we listen with an open mind to suggestions, and that we are willing to try a way other than our own.

Remember, WE NEED NEVER BE ALONE.

HOW TO BE A SPONSOR

It is our experience that the decision to become a sponsor is an important step in our recovery and should not be taken lightly. We believe that whenever possible we consult our own sponsor before agreeing to sponsor someone else. In order to arrive at this decision, we might wish to explore our motives. Are we considering sponsorship to look good amongst the Fellowship or to help the addict who still suffers?

Remember that we can only keep what we have by giving it away. Therefore, we may wish to consider the following questions:

Am I ready to become a sponsor? Am I willing to share my experience, strength and hope? Am I willing to make a commitment?

After having decided to become a sponsor, where do we go from here? We feel it is important to realize that our own recovery comes first. We believe that the basic purpose of sponsorship is to help the addict through the Twelve Steps of Recovery. It becomes increasingly obvious to us that the best way to do this is by example. Sponsorship is an extension of our own personal program of recovery. One of the most difficult aspects of sponsorship is drawing the line between caring and enabling. We feel it is enabling them when we work their program for them. It doesn't help the addict if their sponsor is overprotective. Sometimes tough love is essential to an addict's growth. We suggest that you keep in mind that it is our responsibility to carry the message, not the addict. We are not reformers, preachers of the gospel, welfare workers, part-time social workers, marriage counselors, money lenders, employment counselors, or parole officers. It is important to remember that we are also suffering addicts.

There may come a time when you are unable to relate to the person you sponsor. At this time you may direct them to someone who may help. We need not feel guilty if someone we sponsor relapses. We are all responsible for our own recovery. There will be times when we won't have the answers. It is our responsibility to seek these answers out with the people we sponsor. We are not GOD!!!