

## TWELVE STEPS OF A SPONSOR

1. I will not help you stay and wallow in limbo.
2. I will help you grow, to become more productive, by your own definition
3. I will help you become more autonomous, more loving of yourself, more free to continue becoming the authority of your own living.
4. I cannot give you dreams or "fix you up," simply because I cannot.
5. I cannot give you growth, or grow for you. You must grow yourself, by facing reality, grim as it may be at times.
6. I cannot take away your loneliness or pain.
7. I cannot sense your world for you, evaluate your goals, or tell you what is best for you in your world; you have your own world.
8. I cannot convince you of the crucial choice of choosing the scary uncertainty of growing over the safe misery of not growing.
9. I want to be with you and know you as a rich and growing friend, yet I cannot get close to you when you choose not to grow.
10. When I begin to care for you out to pity, when I begin to lose trust that I am toxic, inhibiting for you, and you for me.
11. You must know - my help is conditional. I will be with you, hang in there with you, as long as I continue to get even the slightest hints that you are trying to grow.
12. If you can accept all of this then perhaps we can help each other to become what God meant us to be...mature adults, leaving childishness forever to little children.

Taken from Monarch Monthly  
Newsletter from Three Rivers Intergroup  
Fort Wayne, Indiana

## PERSONAL INVENTORY WORK

### SET 1

#### Sponsor Questions

1. My sponsee and I arranged for her to call everyday at an established time, yet she hasn't kept her commitment. What should I do?
2. My Sponsee keeps asking for help, yet when I give her suggestions, she either gets defensive why she can't do it, or says she will and then doesn't. What should I do?
3. My Sponsee cannot get more than 3 days of back to back abstinence. What can I do?
4. My Sponsee says she is abstinent. However, she is maintaining an overweight, sometimes even gaining. What can I do?
5. I can see my sponsee has a lot of unresolved issues to work through, yet when I bring them up, she denies them. What can I do?
6. My life is in chaos and I just don't have enough time and energy to diligently work with my sponsee right now. What should I do?
7. I am in relapse. Am I still a good sponsor?
8. My sponsor has stopped calling me altogether, without closure. What can I do?

#### Sponsee Questions

1. My Sponsor and I arranged a regular meeting time to call her, yet once or twice a week she's home and I feel abandoned. What can I do?
2. My Sponsor is in relapse and unable to help me get abstinent. What can I do?
3. I have a new issue to work through, but my sponsor doesn't understand, therefore she's not able to help me get through it. What should I do?
4. I feel lost in working the steps, yet my Sponsor only cares about what I eat. What can I do?
5. I am tired of my Sponsor's pat answers for everything such as "One Day at a Time" "Let Go and Let God", etc. I want her to truly lead me to working through the problem. What can I do?
6. They say to pick a Sponsor who has what I want. What does that really mean and how can I do that?

THOSE WHO HAVE SPONSOR

WHY DO YOU?  
ARE YOU GETTING WHAT YOU WANT?  
IS YOUR SPONSOR TOO TOUGH?  
OR TOO GENTLE WITH YOU?  
IS HE OR SHE JUDGMENTAL?  
DOES YOUR SPONSOR LISTEN  
OR JUST GIVE ADVICE?  
WHAT KIND OF EXAMPLE IS  
BEING SET? E.G. HOW MANY  
MEETINGS DOES YOUR  
SPONSOR ATTEND?  
IS HE/SHE USING THE TOOLS?  
WHAT ARE THE TRAITS  
NECESSARY IN A 'GOOD'  
SPONSOR?

THOSE WHO DON'T

WHY NOT?  
WHAT'S KEEPING YOU FROM  
GETTING ONE?  
WHAT ARE YOU AFRAID OF?  
FEAR- BEING ABSTINENT?  
SUCCESS?  
BEING THIN?  
ARE YOU LOOKING FOR THE  
EASIER, SOFTER WAY?  
ARE YOU AFRAID YOUR  
SPONSOR WILL BE A MEMBER OF  
THE FOOD POLICE?  
WHAT ARE THE TRAITS  
NECESSARY IN A 'GOOD'  
SPONSOR?

TALK ABOUT WHAT YOU'VE WRITTEN

WHY I HAVE A SPONSOR -

TO START WITH, I NEEDED A GREAT DEAL OF GUIDANCE WITH MY FOOD;  
I NEEDED GUIDANCE TO WORK THE STEPS - REMEMBER, THEY ARE THE  
PROGRAM OF RECOVERY; I NEEDED TO LEARN ABOUT ME -

DO YOU SPONSOR?

YES

WHY?  
WHAT DO YOU GAIN?  
WHOSE RECOVERY & PROGRAM  
ARE YOU RESPONSIBLE FOR?

NO

WHY NOT?  
WHAT DO YOU LOSE?  
WHOSE RECOVERY & PROGRAM  
ARE YOU RESPONSIBLE FOR?

TALK ABOUT WHAT YOU'VE DISCUSSED

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I NEEDED GUIDANCE TO WORK THE STEPS - REMEMBER, THEY ARE THE  
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TALK ABOUT WHAT YOU'VE DISCUSSED