

## BEING A SPONSOR

### Define Sponsorship: What is the role of a Sponsor?

#### Comments on what sponsorship is and what it isn't; what a sponsor does and what they don't do?

- Equal partners in recovery based on trust
- It's not teacher-pupil relationship
- Does not function as therapy
- A recovery resource for learning how to use the Alanon principles, work the steps and apply them to your life.
- An agreement to recover together and grow together rather than stay in isolation
- It's not my business to fix, advise or rescue...who am I to know what's best for another?
- A sponsor is only one channel for Alanon's message of hope and avoid thinking that it is necessary to know all the answers
- A sponsor should not be used as a substitute for meetings: important to use other resources such as meetings, literature, telephone and personal contact with other members
- I just needed to offer my hand, a kind word, and a willingness to let God work in the sponsee's life
- A guide in the understanding and application of the steps
- Listen: To allow the member to release burden of trouble, and to help the sponsor recognize areas where help is needed.
- Listen not for the details of crisis, but for signs of self-pity, fear, resentment, or negative thinking
- Avoid dwelling on personal problem, but share the experience, strength and hope of personal recovery
  
- *Set an initial boundary: When someone asks, say yes and ask them to call you on a specific day; tell them to read everything on step one or write a brief biography or just think about it and call you. Good way to filter who's really willing to work since some people never call.*
- *We don't have to want recovery for our sponsees more than they want it for themselves*

#### Approaches to Sponsoring: Suggested formats:

No one is an authority on "how to sponsor". There are many ways to approach sponsorship

*\*\*Read from brochure: What is the best Approach to Sponsoring? Page 9*

*The frequency of contact with our sponsors is a matter of mutual choice. The important thing is not how often we are in touch but that we are (pg. 6). The Sponsor's commitment is an individual matter and varies greatly (pg. 10). It's based on whatever your time allows and what the two of you decide.*

Approaches that people shared:

- meet one on one 1x/week;
- 1x/month with phone calls in between
- Meet as a small group
- Sponsors and all of their sponsees meet for a dinner or gathering to build community around sponsorship

#### What are the gifts of being a sponsor? How does Sponsorship help the Sponsor?

*\*\*Read: Courage to Change, June 27<sup>th</sup>, pg 179*