

YOUR RELATIONSHIP WITH YOUR SPONSOR

- 1) Do you communicate regularly with your sponsor or only call in crisis?
- 2) Are you satisfied with your sponsor? Is it working for you?
- 3) Are you honest with your sponsor? Do you exaggerate things to get your sponsor's attention?
- 4) Are you jealous of others with whom your sponsor works? Do you feel you need all the attention?
- 5) Do you depend on your sponsor too much (for your growth) instead of your hard work and help from a Higher Power?
- 6) Do you realize your sponsor is human and is also (like you) a sick person who is trying to get well through the program of the 12 steps and 12 traditions?
- 7) Do you know your sponsor does not have the solutions to your problems? He/she only has suggestions that can help you find your own answers. He/she may identify, because he/she is not personally involved, options you cannot see.
- 8) Do you share the "good" as well as the "bad" with your sponsor?
- 9) Did you know your sponsor is not a mind reader? If something is bothering you, do you tell his/her, or complain to everyone else that he/she does not understand?
- 10) How did you pick your sponsor? Why did you pick the person you picked to be your sponsor? Chances are those qualities are still there if he/she is working his/her program.
- 11) Do you say "yes, but", "what if", and "I know" to your sponsor's suggestions?
- 12) Do you realize that he/she loves you enough to tell you things which may make you hate his/her – yet are for your own good?
- 13) Do you willingly, with an open mind, try your sponsor's suggestions?
- 14) Do you waste your sponsor's time by taking the same problems to his/her over and over though he/she has given you many tools you have not used?
- 15) Would you like to sponsor someone just like you??
- 16) Do you realize it will be your responsibility someday to sponsor a newcomer and then you get to pass on what has been so freely given you?
- 17) Are you afraid of your sponsor? Can he/she see through your bull? Are you easily able to pull the wool over his/her eyes? Do you realize that you are only hurting yourself when you deceive others?