

AS A SPONSOR

- 1) Do you take time to work with the people you sponsor, even when your time is limited? Do you make time when necessary?
- 2) Do you encourage them to attend meetings? Work the steps? And find a God of their understanding. Do you encourage them to call and talk to others so they will hear more than just your viewpoint?
- 3) Do you encourage them to be responsible for their own needs, housing, transportation, food, etc., and not to take advantage of group members who offer to get them and take them to meetings? We must be careful not to cripple them with our help.
- 4) Do you give "tough love" instead of "cruel kindness"?
- 5) Do you try to solve the problems for those you sponsor, or do you give them AA principles, detach, and let them make their own decisions?
- 6) When you are having sponsorship problems, what do you do?
- 7) Do you have a set routine, treating all those you sponsor the same? Or do you treat each one differently?
- 8) Do you try to continue your sponsorship when you have lost your perspective? Or do you, if possible, release that person with love?
- 9) Do you get emotionally involved with those you sponsor?
- 10) Do you get an ego trip from being someone's sponsor? Do you judge your success or failure on the progress, or lack of progress, of those you sponsor?
- 11) Do you teach or have them do as you say? Or do you lead by example?
- 12) Do you help them find a God of their understanding? If so, how?
- 13) How do you deal with rivalry or jealousy among those you sponsor? If one is jealous of another, what do you do?
- 14) Do you short-change your family or yourself by becoming too absorbed with the people you sponsor? (Time-wise or on the phone all the time – breaking family plans because of a sponsored's crisis, etc)
- 15) Do you allow the person you sponsor to become over-dependent upon you? Remember you are neither God nor the only person who can help.
- 16) Do you take time to "refill your cup" which is drained by your sponsoring others?
- 17) Do you attend meetings regularly yourself? You can't sponsor if you are not actually participating in the program yourself!!