

## Guidelines For a Sponsee and Their Sponsor

The Biblical basis for an accountability partner can be found in Ecclesiastes 4:9-12 "Two are better off than one, because together they can work more effectively. If one falls down, the other can help him up. But if someone is alone – there is no one to help him – Two men can resist an attack that would defeat one man alone." Additionally Proverbs 27:17 says, "As an iron sharpens iron, so one man sharpens another."

### Sponsee Guidelines

#### Qualities of Sponsee

- Growing relationship with God.
- Respectful of sponsor, recognizing that a sponsor is an equal, a friend in the program—and for Christians a friend in Christ—who is on this same journey, who knows the kinds of problems we face, who still encounters them,

#### Role of Sponsee

- Willing to attend meetings on a regular basis.
- Open to participating in the group by sharing your hurts, habits, and hang-ups.
- Willing to work the steps by completing the lessons and writing answers each week.
- Willing to be honest, trying to face own denial.

in fact, and sometimes fails to deal with them creatively. Your sponsor is not perfect or a therapist.

- Commitment to one's own recovery.
- Being willing to admit if you are not ready and willing to commit to your recovery.

- It is the sponsee's responsibility to call the sponsor at the sponsor's direction. This is a program about growing up and taking responsibility for our lives. It is not a sponsor's job to call and check to see how sponsee is working their program.

Confidentiality is crucial and means that a sponsee does not tell other people anything shared in group or with your sponsor about another person

### Sponsor Guidelines

#### Qualities of a Sponsor

- Walk matches talk. Lives the 8 Principles.
- Growing Relationship with Christ
- Desire to help others on the road to recovery
- Show compassion, care, and hope but not pity
- Good Listener
- Strong enough to confront your denial/procrastination
- Offers suggestions
- Shares own struggles with others - honest and

open

- Of same sex
- Has at least begun 9th step with sponsor
- Shows integrity, honesty, and confidentiality
- Has experienced victory for a period of time in recovery
- Has recommendation from sponsor to begin sponsoring

#### Role of a Sponsor

- Discuss issues in detail that are too personal/time consuming for a meeting.
- Available in times of crisis or potential relapse.
- Sounding board - provide objective viewpoint - key in working the Steps
- Encourages to work the Steps at your own speed - speed up or slow down
- Models a lifestyle resulting from living the 8 Principles and 12 Steps
- Share their own experience, strength, and hope

- May turn into friendship but doesn't have to
- Either party can "fire" the other at any time
- Ensure sufficient contact with each other - onus on sponsee
- Not have all the answers but lovingly guide/coach/share
- Confront when necessary
- Be the hand of Christ
- Prays regularly for sponsee

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