

PROFILE OF A SPONSOR

- 1) Has had a spiritual awakening: a change in their thinking, feeling, and especially in their behavior
 - 2) Appears to have what you want
 - 3) Has a sponsor to whom they hold themselves accountable
 - 4) Willing to allocate time: meet; return calls; work Steps
 - 5) Has knowledge and experience with Big Book; has completed Steps
 - 6) Goes to meetings; has a home group
 - 7) Operates their life based on spiritual principles
 - 8) Genuinely wants to be helpful
 - 9) Has a positive attitude
 - 10) Has a consistent, daily Prayer and Meditation practice
 - 11) Listens; is patient; has common sense
 - 12) Has a personal life that is attractive: relationships; work; fun
 - 13) Shares experience and knowledge; not opinions
 - 14) Has some humility; acknowledges limitations
 - 15) Is confidential and trustworthy
 - 16) Embraces anonymity: theirs and yours
 - 17) Respects: does not guilt or shame
 - 18) Minimizes conversations about outside issues
 - 19) Willing to admit mistakes; knows their own limitations; undefended
 - 20) Interested in you having your own experience; not theirs
 - 21) Is inclusive; wants to be helpful; open to outside resources: medication; therapy; other professional interventions
 - 22) Familiar with Traditions, Concepts and Twelve Step History
 - 23) Knows the sponsor role is not:
 - a) Parent
 - b) Financier
 - c) Judge
 - d) Therapist/MD/Rx
 - e) Teacher
 - f) Hotel
 - g) Disciplinarian
 - h) Employer
 - i) Attorney
 - 24) Is NOT an enabler; competitive; invested/attached; controlling; manipulative
 - 25) Is honest; non-judgmental; tolerant; patient; compassionate; encouraging; flexible
 - 26) Makes suggestions, not rules/requirements/mandates
 - 27) Does not protect you from consequences of your actions
 - 28) Is a guide, mentor, coach, cheerleader, and an accountability partner
 - 29) Is a role model: as a healthy human being
 - 30) Sees role: to be helpful/useful; a lantern, not the light
 - 31) Walks the walk!
- And most of all: Enjoys their sobriety!!