



Sponsor Corner – Tools

The following are contributions from Al-Anons
who attended the District 14 Sponsor Workshop on June 14, 2014.

What is a phrase or slogan that your sponsor has shared with you?

- My sponsor points me to God and prayer
- When in doubt, don't
- Let go and Let God
- THINK – Thoughtful Honest Intelligent Necessary Kind
- God has my back
- You can't change him, but you can pray to his higher power to keep him in his care
- Don't say yes when you mean no
- Let us love you until you learn how to love yourself
- Be nice to my friend! (...meaning me)
- Live and let live
- How is that working for you?
- That's none of your business!
- Awareness, Acceptance, Action
- Easy does it
- Take it one day at a time
- Keep your head and your butt in the same place
- Hmm...sounds like your higher power is giving you a step (whatever one you're on...field work!)
- Quit belittling yourself or you're going to start believing it
- A prayer – bless [her] change me
- What do you want to do?
- For fun and for free
- Guilt over resentment
- Let it begin with me
- When I am working the steps she always says, "And then?" when I think I'm done with a question. Then when I think I'm really done, again she says, "And then?"
- IS it your problem? No – let go and let God. Yes – can you do something about it today? Yes – what will you do?
- WAIT – Why Am I Talking
- More will be revealed
- Be your true self! I am one with God. Be in the Now! Your ego is not your friend.
- LOVE – Letting Others/Ourselves Voluntarily Evolve

Do's and Don'ts of Sponsorship

- Do practice patience
- Do get in touch with yourself before speaking
- Do model boundaries – how to set and hold them
- Do listen and love
- Do share your experience strength and hope
- Do share your embarrassing mistakes & how you grew from them
- Do use literature
- Don't give advice
- Don't tell anyone what to do but yourself
- Don't try to be perfect
- Don't judge



What is an assignment your sponsor has given you?

- Create a God box
- Work through the steps
- Write a daily gratitude list
- Read literature on the topic of my concern
- Make a list for a week of everything you are powerless over
- Write my own third step prayer
- Write 30 days of gratitudes
- Write the pros and cons of my situation when making a decision
- Read the first part of "How Al-Anon Works" three times and then we'll talk
- Pray and meditate, go to meetings, keep a daily journal and trust God
- Readings and writings are always good
- Ask for help and accept every bit of help you are given
- Go to two meetings a week, call me twice a week, meet me once a week & read Al-Anon literature daily
- Attend at least one meeting a week, get a service commitment and be constantly in service
- Find another member to take turns with calling and reading from a daily reader every day
- Do not miss meetings, even when ill – call a phone meeting
- Go to meetings
- Write a daily gratitude list and write what you did well in your journal
- Call another Al-Anon
- When I did not (couldn't) write she bought me a notebook & had me write down what I said when we met
- Call me every day (I struggle with this, even after all my years working the program)
- Rewrite that letter again, and again
- Write a list of my positive qualities, one for each letter of my first name
- Love and trust myself
- Make a classified ad requesting a higher power and list of qualities I want in a HP
- To look at myself in the mirror and say, "I love you, [my name]"
- Make a list for a week every time I take the focus off of myself and focus on someone else
- Make a list of people I have resentments toward and make amends to them
- Write down what characteristics I want in my Higher Power

How do you show care and concern for your sponsee?

- I pray for my sponsee
- I take the time to listen to my sponsee, but keep bringing it back to them
- Sharing my experience, strength and hope
- I listen intently when she shares
- I am available when she needs me
- When she calls, I always answer. If I cannot, I call her back when I can.
- Listen. Really listen.
- Make time
- Remind them that I am not their loved one's sponsor – tell me about you and your life

What are some of the tools of sponsorship?

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| ▪ "Paths to Recovery" | Call other members | Prayer & Meditation |
| ▪ "How Al-Anon Works" | Journaling | Go to AA meetings |
| ▪ The pamphlet "Merry Go Round of Alcoholism" | List gratefuls and did wells | |
| ▪ Workshops and roundups | Daily readings and literature | |
| ▪ Service | Check in regularly | |
| ▪ "Survival to Recovery" | Work the 12 Steps, Traditions & Concepts | |
| ▪ Our daily readers | Fellowship | |
| ▪ Sponsorship book mark | My sponsor | |
| ▪ Meetings | Alateen 4 th Step | |