

Sponsorship Tips

- Make sure to read Chapter 7 “Working With Others” from AA “Big Book”. Read it more than once. Don’t be too proud to ask suggestions from sponsor, old timers, and the “[Learn How To Become A Sponsor](#)” group*
- Reach out and call or email your prospect. Don’t be too proud to make first contact
- Schedule an “intake call” with your prospect
- Ask that the intake call be in a quiet place without distraction and with good reception
- Stress that all sponsorship is temporary, but you will do what you can to help, and find a longer term sponsor if you are busy
- If they are a current member of SAA, but have not completed the 12 Steps, have them read to you the first paragraph on [p. 99 of the “Green Book” 3rd Edition \(i.e. the “Recovery Tourist”\)](#).
 - a. Remind them that the Steps *are the Program*, and the **Solution** for **permanent** sobriety
 - b. Ask them if they have ever heard or seen a person finish the 12 Steps, sponsor others, do service and go to meetings, and have repeat relapses. Mention (honestly) that you’ve never seen it (let me know if you have!)
- Do your intake call with some short questions (mention that it’s like a doctor’s office):
 - a. What is your current sobriety streak?
 - b. Have you worked, or are you currently working another 12-Step program?
 - c. Have you ever been sponsored before?
 - i. (if yes): How many times?
 - ii. (for each one): Why do you think it didn’t work out?
 - iii. Do you still have your step work?
 - d. Have you done your circles?
 - i. (If yes): What are your inner circles?
 - e. Are you married or partnered?
 - i. (if yes): For how long?
 - ii. Do you live together?
 - iii. (if no): When were you separated?
 - f. Do you have kids?
 - g. What is your faith-based background?
 - h. Do you use any prescription drugs? non prescribed drugs?
 - i. How old are you (roughly, not exact age)?
 - j. What have you tried already to quit sexually compulsive behaviors?
 - k. What is longest amount of time in your post-adolescent life that you have gone without pornography, masturbation, and sex (PMO) all at once? (this usually gets the gears turning)
 - l. What are the 2 worst consequences you’ve experienced so far as a result of the addiction? (listen for and give examples of your own job loss, family loss, PIED, suicide ideation or attempts)
 - m. What was your most recent rock bottom like?

- i. (if their bottom is not prison, arrest, suicide plan/attempt, job loss, family loss):
Gently reflect that they are a “high bottom” person, and that you will do what you can to help, but sometimes this affects people’s willingness to finish the Steps.
- n. Do you want to stop 100% for good and forever?
- o. Are you willing to go to *any extreme* to do so? (mention / joke that we don’t ask you to kill or hurt anyone)

- Need to be convinced they are the real deal, the *drowning* person.

If they don’t want to stop 100%, tell them you cannot help until they are ready to be done for good.

Keep it friendly, asking them to keep your number and letting them know you will be happy to help and do what you can when they are ready to stop forever.

- I need to be quick to help, but slow to sponsor
- They need to be overflowing with honesty, open-mindedness, and willingness (“HOW”, p.567 BB). We cannot give them that.
- I have 7 days – 1 month before the next relapse (or earlier), due to the mental blank spot (p.24 BB)
- If they say they want to stop for good (regardless if you believe them yet). Give them the first homework assignments:
 - a. Read [Chapter 1 of the SAA “Green Book” 3rd Edition](#)
 - b. Read [first 43 pages of AA “Big Book” 4th Edition](#), including intro, forward, and roman numerals
 - c. Give them the online links, but stress that physical copies are essential for the long-term
 - d. End the call with the request that they reach back out after having done those readings
- After a few days if no reply, send follow-up message (friendly) to see how they are doing on the HW. Don’t expect a response.
- If they respond but haven’t done the readings yet, let them know you’ll be happy to help when they are ready to do the work. (Remember that this takes years sometimes).

**Learn To Become A Sponsor:*

<https://meetings.saa-recovery.org/meetings/learn-become-sponsor-workshop>

<https://us02web.zoom.us/j/419880404?pwd=SIJ2cTAxVjVBZzVNbTF3ZUV5QlhoUT09>

Zoom ID: 419 880 404

Passcode: 123456

Compiled (with lots of help) by Stan in recovery: <https://staninrecovery.neocities.org/> 9.27.25

Most of this material comes from old timers and from Brian O.s talk here: <https://saapp.org/speakers/>