

SPONSORSHIP

DEFINITION OF A SPONSOR:

“A sex and love addict who has made some progress in the recovery program and shares that experience on a continuous, individual basis with another sex and love addict who is attempting to attain or maintain sobriety through SLAA”.

*“In AA, and other 12 step programs, a **sponsor** refers to a **recovering** addict who is willing to share their knowledge with those who are less experienced in the program. The hope is that their wise counsel will encourage the sponsee to make good decisions and stay strong in **recovery**.”*

A SPIRIT OF HUMILITY/TRUSTED SERVANT

- **One Sex & Love Addict to another**

“For where two or three are gathered together in my name, there am I in the middle of them.” (Matthew 18: 20)

ADDITIONS TO THE HOW PROGRAM

Big Book: The Textbook – the instructions are in the Big Book

Big Book Study groups / Jo & Charlie tapes:

STAGES OF LEARNING

- Situational Leadership
 - Unconscious Incompetence (Ignorance is Bliss)
 - Conscious Competence (This is too hard)
 - Conscious Competence (I got it/I lost it)
 - Unconscious Competence (Mastery/Self Actualisation)

SUGGESTED STEPS TO TAKE:

1. Outline the problem/ (Share your story – identification)
 - a. That we suffer from a fatal disease of mind & body (suicide, revenge killings, spiritual death, institutions, jails)
2. Outline the Solution (What has happened to you)
 - a. Sobriety through ‘Bottom Lines’
 - b. Psychic Change/Spiritual Awakening (through the steps)

JOURNEY OF RECOVERY - WHERE WE'RE HEADED

*“When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able **to do, feel, and believe that which he could not do before on his unaided strength and resources alone**. He has been granted a gift, which amounts to a new state of consciousness and being. He has been set on a path, which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength, which, in one way or another, he had hitherto denied himself. He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it. A.A.’s manner of making ready to receive this gift lies in the practice of the Twelve Steps in our program.”*

3. Ask do they want this
 - a. 3rd Step

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EXPLAINING WHY AND HOW OF IT The Triangle in the Circle (Three Legacies)



- The Triangle represents the 3-part solution to a 3-fold disease
Unity – Physical
Recovery – Mental/Emotional
Service – Spiritual
- The Circle represents wholeness or oneness – of the Fellowship worldwide.

RECOVERY (MENTAL/EMOTIONAL)

STEP 4 – STEP 9: The Work

“It is a spiritual Axiom that whenever I am disturbed there is something wrong with me.”
(AA 12 x 12 Step 10)

- **4 & 5: The Inventory – honesty (my part)**
“Some of us tried to hold onto our old ideas but the result was nil until we let go absolutely.”
 - Identifying my part & the underlying fear (“old idea”) that keeps me in my defects of character/old behaviours (my “bondage of self”)
- **6 & 7: Shortcomings – humility (I need help to change)**
“...sincerely trying to grow in the image & likeness of his own Creator.”
 - What is the old idea/defect/short-coming
 - What is the new idea/new behavior (always spiritual in nature; faith & alignment with HP)
- **8 & 9: Amends – willingness (surrender to contrary action)**
 - Living amends to self & others by changing behaviour/contrary action

STEP 10 – STEP 12: Change Steps

- **Step 11: Nightly Review (4,5,6,7,8,9)**
 - Where did I fall short
 - What defect is running
- **Step 11: Morning Meditation & Prayer (11 & 12)**
 - Instructions (pp. 83-85)
 - Specifically asking for the defects from Step 6 & 7) to be removed
 - Constant self reflection & change
- **Step 12**
 - Carrying the message – instructions
 - Working with Others (AA Big Book pp. 89-103)
 - In all our Affairs (other Fellowships)
 - Spiritual Awakening (Checklist)

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TOOLS

Each Tool addresses a part of the disease/recovery

1. Bottom Line Sobriety (Physical)
2. Literature & Writing (Mental/Emotional)
3. Telephone Calls (Physical)
4. Meetings (Physical)
5. Prayer & Meditation (Spiritual/Mental/Emotional)
6. Service (Spiritual)
7. Sponsorship (Spiritual/Mental)

WHAT DO YOU FIND MOST DIFFICULT ABOUT SPONSORING

Examples:

- Long phone calls
- "He said, she said" (the drama)
- Sponsee not listening, taking suggestions
- Chasing sponsees to do the work
- They don't call/disappear
- Sponsee talks become therapy sessions

WHEN TO QUIT

"Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you. If you leave such a person alone, he may soon become convinced that he cannot recover by himself. To spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy."

SPONSORSHIP AND CODEPENDENCY

"Codependency is a type of dysfunctional helping relationship where one person supports or enables another person's drug addiction, alcoholism, gambling addiction, poor mental health, immaturity, irresponsibility, or under-achievement."

- What comes up for you in sponsorship will tell you more about your own defects than it will about theirs
"What Jo tells me about Jane tells me more about Jo than it does about Jane"

CONTROL & PERFECTIONISM

- Symptoms of the disease

PARENT/CHILD/ADULT (Transactional Analysis)

- Adult /Adult: Functional Relationship
- Parent/Child: Co-dependent Relationship:
- Loving Detachment – "I care but I don't care"

SETTING THE WAY (for you & them)

EXAMPLES

- Time limit on calls /meetings
- Guide back to the steps:
 - "Write inventory & call me back"
 - "Which step would help now"
 - Share experience, not opinion (traditions)
- Check in on tools regularly (if they are struggling, which tools are lacking)
- Encourage the building of recovery team (phone calls/fellowship) to avoid over dependency on you/one person
- Stay detached (God's timing & their journey)
- Use the traditions as a guide

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THE TRADITIONS IN RELATIONSHIPS

Polly P & Dave P (<http://www.upperroomcomm.com/insights/traditions.shtml>)

1. Our common welfare should come first. A healthy relationship depends on unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Each of us is God's trusted servant - neither governs.
3. The basic requirement for a good relationship is a mutual desire to make it work.
4. Each of us should be autonomous except in matters affecting the other our family or society as a whole.
5. A relationship has but one primary purpose – to love each other and to serve as an expression of God's love
6. We ought never single-handedly endorse, finance, or lend our name to any outside enterprise, lest problems of money, property, and prestige divert us from our commitment to each other.
7. Each of us ought to strive to be fully self-supporting spiritually, emotionally, and physically.
8. Our relationship should remain forever an unprofessional, free, and giving relationship - each to the other.
9. Our relationship ought never be organized or under the control of only one partner.
10. We each are entitled to our own opinion on outside issues. Hence our name ought never be drawn into public controversy.
11. We individually convey our beliefs and philosophy through attraction rather than promotion. We are each in charge of our own anonymity.
12. Anonymity or selflessness is a spiritual foundation of our way of life as mates, ever reminding us to place principles before personalities.