

Step 2 - Came to believe that a power greater than ourselves could restore me to sanity
2F Sponsorship

This is for those who do not have a sponsor yet.
What are my feelings about authority? or my parents?

How do I feel about telling a sponsor my sexual activities? What are my feelings about breaking all my secrets to someone in the group?

If a relationship with a sponsor is supposed to be a healthy relationship, what kinds of things would need to be different in this relationship from previous mentoring or parenting relationships?

Often, we want to find the “perfect sponsor” looking for someone with a similar acting out pattern. But what makes the relationship work often is being a better “sponsee”. A good “sponsee” is one that is making meetings, being as honest as possible in sharing, and reaching out to the sponsor regularly. What do I feel about adding those behaviors to my life?

There are several options for sponsorship relationships. The most common has been a one on one where the sponsor has more time in the program. Other styles include using multiple people, doing a “co-sponsorship” where two people work the program together, and using the group as a sponsor. Which one feels the safest to me at this point?

Have I gotten to enough meetings to know any people in the program with more sobriety or time in the program than I have? What is keeping me from being honest with them and asking them for help?

Many people start with only a “temporary sponsor”. That is someone I ask to sponsor me for a month or so. What is keeping me from asking someone this week to be a temporary sponsor? Or, simply start calling someone on a regular basis and sharing with them?