

Profile of A Sponsor

- Has had a spiritual awakening: a change in their thinking, feeling and especially in their behaviour
- Appears to have what you want
- Has a Sponsor to whom they hold themselves accountable
- Willing to allocate time, meet, return calls, work Steps
- Has knowledge and experience with Big Red Book and has completed ACA Steps
- Goes to meetings, has a homegroup
- Operates their life based on spiritual principles
- Genuinely wants to be helpful
- Has a positive attitude
- Has a consistent daily Prayer and meditation practice
- Listens, is patient, has common sense
- Has some humility, acknowledges limitations
- Is confidential and trustworthy
- Embraces anonymity – theirs and yours
- Respects, does not guilt or shame
- Minimizes conversations about outside issues
- Willing to admit mistakes, knows their own limitations, undefended
- Interested in you having your own experience, not theirs
- Is inclusive, wants to be helpful, open to outside resources: medication, therapy, other professional interventions
- Familiar with Traditions, Concepts and Twelve Step History
- Knows that a sponsor is not:
 - Parent
 - Financer
 - Judge
 - Therapist/Doctor
 - Teacher
 - Hotel
 - Disciplinarian
 - Employer
 - Attorney
 - is NOT an enabler, competitive, invested/attached, controlling, manipulative

More qualities to look for in a Sponsor ...

- is honest, non-judgemental, tolerant, patient, compassionate, encouraging, flexible
- makes suggestions, not rules/requirements/mandates
- does not protect you from consequences of your actions
- is a guide, mentor, coach, cheerleader, and an accountability partner
- is a role model as a healthy human being
- sees role to be helpful/useful, a lantern, not the light
- walks the walk
- and most of all, enjoys their sobriety!