

Tips on Finding a Sponsor

As to Sponsorship: we recommend that you come to meetings, listen as people share and see whom you relate to. A Sponsor and Sponsee work well together when they share a common history. Listen for people who have some time in the program, and who have Sponsors of their own. Listen for someone who shares honestly, as honesty between a Sponsor and a Sponsee is critical. The prospective Sponsor may be someone whom you feel comfortable with, however this is not necessary for the sponsoring relationship to work. Comfort may not be present in the early stages of the relationship but usually will develop over time as the Sponsor and Sponsee get to know each other better.

The prospective Sponsor should be working the steps and ideally have a Sponsor or a Co-Sponsor of their own.

Sex & Love Addicts who have long-term sobriety and have found serenity in their recovery have identified that the following are very helpful in successful Sponsor-Sponsee relationships.

- * Similar history of acting out
- * Can identify with and relate to each other's shares at meetings
- * Attend a minimum of least one meeting together per week
- * Schedules permit step-work discussion
- * Can speak openly together at least 1 hour per week to "get current".
- * Sponsor has a way of interacting in sex & love relationships that you aspire to have for yourself.

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- * You are able to hear the solution from them
- * After spending time with them you feel more spiritually centered

Once you have found someone you are comfortable with, you can ask him or her to be your Sponsor. Don't be afraid to ask, you are giving them an opportunity to work their 12th step if they are available to sponsor you. *Don't take it personally if they say no*, there may be various reasons; they may already have a number of Sponsees, or other service commitments which would limit their time available for a new Sponsee. They may have a lot going on in their personal lives. In any case you may want to continue to maintain contact with them even if they don't become your sponsor.

The most important thing we recommend is that you keep listening, keep getting to know others in the program, and keep asking until you find a Sponsor. Don't give up!

We would also like to suggest one or more Recovery Partners (someone you relate to who is working the program too) and/or a Co-Sponsor (a person that you would sponsor and they would sponsor you) for the early stages of recovery. It is also possible that two people who have worked the Steps in another program can start co-sponsoring each other very early in their time in SLAA.

Finally, we want to say, be patient, and good luck in your quest for a sponsor.