

## **"Sponsorship Ideas" Recorded Talk Outline As given to CA Convention by Bob B.**

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Tux – I haven't been dressed like this all night. The first lesson in sponsorship is to let the person know right away that you're better than they are.

Notes – Tapes

### Let's Talk @ Sponsorship

- 12 Step calls and Sponsorship are two different things.
  - Listen and Tell.
  - What happens, is that it gives you an opportunity to take your Recovery to a new plateau.
  - I can drag you with my strength. But only so far!
  - Doing your child's homework for them.
  - I can't make you clean and sober, and I can't make you fail.
- Success Rate - 100% or 0%.
- I hope to make you feel more comfortable about engaging in sponsorship.

### Attitude

- Des & Bob.
- Trivial Pursuit: 10 answers in a row. They're too easy. They're easy when you know the right answers. Like Lake Titicaca. We forget, and need to be reminded.
- Jeopardy: As someone answers, we say yes. When they don't, we can't remember.
- Divine Inspiration.
  - Don't need to know all the answers.
  - I'm not smarter than they are, but I do have more experience.
  - Don't be afraid to say you don't know the answer.

The Rules – I don't do this casually. Go away and think @ it.

- Don't take the first drink.
- Don't miss meetings.
  - Shop for meetings. Good meetings - Big and small. Not too many.
  - We agree on how many.
- Try to keep an open mind.
- No white lies.
- You are responsible for us having contact at least \_\_\_\_ # of times per week.
  - It develops the relationship.
  - It's a two-way street.

### Different Ways to Look at Sponsorship

- Jig Saw Puzzle: We need the picture. In Sponsorship we're the picture.
- New Glasses: I didn't know how bad my vision was until I got glasses.
- The job is to lead a person through the steps.
  - Having done it yourself.

Some Ideas and Issues – My thoughts, my ideas, my experiences . . . not a book review. You be the judge, whether I have anything to offer or not.

- Denial: Like trying to drive from Portland to Seattle on the wrong side of the freeway. Maybe you'll get to Hazel Dell. For sure you won't get everyone else to turn around and go your way.
- Our Disease Is Not A Moral Issue.
  - It shows itself in what we do, and what we don't do.
  - We're not responsible for the disease, but we are, for the recovery.
- Don't let them think like they're the victim.
  - If you don't like the way your life is going – change it!
  - It's said that everyone in this Country is entitled to life, liberty, and the pursuit of happiness.
  - Wow, that's terrible! What are you going to do about that?
  - It's not "Let's Make A Deal" with Monty Hall. Seldom is it either curtain # 1, 2, or 3.
- Self Esteem
  - Dog Training.
  - Little series of successes . . . clean the toilet.
  - Don't let them go belly-up on you.
  - Many try to connect it to something else . . . car, clothes, job, pretty girls.
  - Sometimes we get into a bad habit of poor self esteem.
    - Part of an act . . . Jackie Gleason.
  - Ego . . . Good and Bad.
    - It's what you do with it that matters.
    - Texas Millionaires.
  - The mirror of how you're doing, is how others treat you.
  - It's OK to know you're OK.
  - Usually when you're not feeling good, it's because you're either not doing something you're supposed to be doing, or you're doing something you're not supposed to be doing.
  - Do good things . . . don't do bad things.
- Slips
  - They are not acceptable and they are not accidents.
  - Immediately start over . . . from the beginning.
  - Have them tell about it at their meetings.
- Resentments
  - Nobody has ever done anything to me that I haven't done to someone else.
  - Parents . . . don't repeat the cycle.
    - It's how you treat your kids, that is important.
  - Tough shit! Don't let them wallow in it.
- Spirituality
  - Don't be afraid to voice and show your beliefs.
  - The most spiritual thing I've ever seen has been the complete change in a person's life.
  - Prayer . . . Grace . . . Before and after a 5th Step . . . to seek answers.
    - I pray to know how best to act.
    - A grateful person can show that gratitude, in how they live their life today.

- Relationship with spouse
  - Discuss what they want out of this relationship.
  - What are they willing to put into the relationship?
  - Don't live together.
  - Remind yourself what you love about this person.
    - Lists and assignments.
  - Act like you love the person you love.
  - Encourage talking. Suggest flowers. Teach them to show they are sorry.
  - Broadway Bridge.
  - Don't forget the importance of the other person's self esteem.
  - Relationships require work.
    - Sacrifice.
    - Duty to raise the children.
    - Partnership.
    - Plans.
  - Make sure the spouse knows how to find you.
  - Fidelity/Adultery.
  - Guilt.
  - Spouse or girlfriend/boyfriend jealousy of the Sponsor.
- Sexuality
  - Deal with it.
  - The past.
  - Acting out.
  - Self Respect.
- Selfishness
  - Telephone Machine - "You know what to do" - Beep.
  - Teach them to ask if you have time.
  - Don't be abused.
- Practical Considerations
  - Physical Exam.
  - Treatment - I don't see it as the beginning of Recovery . . . Discovery.
  - Cravings.
  - Meds.
  - Professional Help.
  - Money Management.
  - Remember there are peaks and valleys.
  - Pick the winners - Reno.
- Choosing A Sponsor
  - Men & Women.
  - You can't keep it, if you don't give it away! You can't give it away if you don't have it. IFR Training.
  - The most important person is the new person! Wrong. I am. If not, I can't help the new person. Better take care of you.
  - Look for somebody who is willing to be vulnerable.
  - They should have good programs.
    - Costco.
  - Time on the Program.
    - Formally worked the steps . . . at least ahead of you.
  - Willing to put in time.
    - Unselfish.
    - Sacrifice from family.
    - It takes energy.
      - Don't take on someone new, if your efforts need to be focused on your program.
  - They need to be willing to take a stand.
  - Commitment to do their best.
  - Temporary Sponsor.
  - Don't ask someone to be your sponsor unless you're willing to try to be a better person.
  - They become your friend.
    - Barber.

- Revolt
  - It happens!
  - "I'm not going to meetings anymore. Coffee, same old people, talks, nothing ever changes!"  
"Well, at least you're getting up to go to the bathroom now."
  - "If I feel like I'm going to drink, I'll go to meetings."  
This is a program of living, not a program of not drinking.
  - Gratitude.
- Growth
  - Slow growth is best. Pot Roast.  
Book Readers.
  - Let me do your thinking for you. The action is yours.  
Tall Michael.
  - Let me tell you what I'd do.  
Doctors.
  - At first keep them quiet at meetings.
  - Make lots of friends.  
If you want to have good friends, be a good friend.
  - The reason I came to AA isn't half as important as why I stayed.
- The Steps
  - Start with the 1st.  
Keep it simple.
  - No big hurry. Progress - There's no "end" to get to!
  - The past is the past, only when it's over.
  - Turn it over. Not the action stuff . . . the results.
  - The first person you forgive is yourself. Wrong! You're last!  
The best way to forgive yourself is to change.
  - Partial Program . . . 1st Steppers.
- Listening
  - Don't be so hung up on what they are saying. Look at the actions.
  - Careful not to let them bullshit.
  - Listen for what they are not saying.
  - Trust your hunches.
  - Ask them the hard questions.
  - Call a spade a spade.
- How far is too far?
  - Fire their ass! . . . Don't waste it.  
"AA didn't work for me".
  - Nothing wrong with them hitting bottom . . . Elevator.

## Jefferson Awards

- Memorial Service.
- My AA birthday.
- Jefferson Award.
- Vic . . . If it's good for him, it's good for me.