

# Tools of Recovery

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## Loyola Sponsor/ Sponsee Suggestions

### 7 Tools of Recovery

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#### 1. Plan of Abstinence

A written plan for daily referral and guidance example:

- a) morning prayer
  - b) call to sponsor
  - c) outreach call to other AA members
  - d) meetings
  - e) reading
  - f) writing
  - g) day end prayer
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#### 2. Sponsorship

A sponsor is a person who is committed to staying clean and sober. A sponsor can help you through your Program of recovery. A sponsor has at least one year of continuous recovery. Get a sponsor at your home group.

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#### 3. Telephone

“Reaching out to another AA member”. It is our daily link to our sponsors and a way to reach out for help and to extend that help to others. We suggest four phone calls daily: one to our sponsor and three to other AA members. The phone is like a lifeline – we need the contact.

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#### 4. Literature and writing

We use “Alcoholics Anonymous” (Big Book) and “The Twelve Steps and Twelve Traditions” (12x12). These books are tools of examination and release. The Loyola Group Web Site (loyolagroup.com) is another source of experience for you to grow upon. We also believe that negative thinking is a large part of our disease, so we are learning one day at a time to abstain from negative thinking.

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#### 5. Anonymity

“Principles before Personalities.”

Sharing with other AA members is held in respect and confidence. It offers us freedom of expression against gossip.

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#### 6. Meetings

Commit to meetings. That means going to them on a regular basis. Find the best meetings. That’s where the people with the “best” Programs go! Suggest 90 meetings in 90 days. You will quickly see how willing a new member can be. The list of meeting places is available to you at the meetings. The strength derived from these meetings is most beneficial. You can’t be without it!

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#### 7. Service

“Service is Healing.” It is working the 12-Steps and using the tools of the Program to the best of our ability. Service is ... coming to meetings on time (or better, early), staying late, volunteering to be a service person, picking up after the meeting, welcoming newcomers. Service is giving back what we have been given. Abstinence is a service to the group and ourselves.