



Sponsorship – Working Together to Recover

Sponsorship is a confidential relationship between two Al-Anon members who benefit from sharing experience, strength, and hope. The intimate details exchanged strengthen the bonds of compassion, acceptance, and understanding. This private relationship is focused on the Al-Anon principles. Making a commitment to this special relationship, or letting go of the relationship, is a personal choice.

Sponsorship Is:

- A relationship built on equality, anonymity, and trust
- An opportunity for growth – for both the Sponsee and the Sponsor
- A benefit at any stage of recovery
- A commitment to practice healthy communication – not based on intimidation or demands
- An agreement to recover and grow together; not to struggle in isolation
- An opportunity for self-discovery; not a teacher-pupil relationship
- An experience based on unconditional love, not shame or judgment
- A spiritual relationship with no strings attached
- A one-to-one relationship; not an exclusive club

- A bond focused on Al-Anon's *four primary ideas*: *
 - We are powerless over the problem of alcoholism
 - We can turn our lives over to a Power greater than ourselves
 - We need to change both our attitude and our actions
 - We keep Al-Anon's gifts by sharing them with others.

**Al-Anon/Alateen Service Manual 2004-2006*, page 10

Sponsors – Members who are:

- Respectful of the anonymity of others
- Willing to freely give time to the relationship
- Continuing to work on their own recovery
- Comfortable to be with; encouraging, not pushy
- Open minded listeners
- Equal partners in recovery
- Able to listen without giving advice
- A recovery resource *for learning how to use the Al-Anon principles.*

It is important to recognize that relationships sometimes change as we grow in Al-Anon. In order to continue growing, it may become necessary to change Sponsors. Sponsorship is not a lifelong commitment; letting go is not a sign of failure. Additional information on sponsorship can be found in *Sponsorship, What It's All About* (P-31) and *Service Sponsorship—Working Smarter, Not Harder* (P-88).

