

## **Sponsorship**

### ***Choosing & Finding a Sponsor***

Sponsorship is an area of growth. The hard truth is that it can sometimes be difficult to find someone that's codependent who might be willing to sponsor, but it is possible. As a result, you will hear many people refer to going to a step-study to learn the recovery steps. There is much to be gained in step studies, not the least of which is fellow friendships in recovery. Still there is much that a sponsor can provide that goes well beyond the steps.

A sponsor can offer you the benefit of the experiences they've had in their own recovery and provide strength and hope for a better way. They can aid you in the discovery of your own Higher Power to guide you. Sponsors teach you about the recovery tools available to you and remind you when to use them. Most importantly, a sponsor helps to keep your recovery on track.

### ***How Do I Find a Sponsor???***

How do you find a sponsor? The easy answer is to just ask. Hopefully your meeting has people who are willing to sponsor. "But what if that's not the case?"

There are several reasons why it may be hard to find a sponsor:

- 1) People are busy.
- 2) Available sponsors may be working with other sponsees and need to limit the number of people they can sponsor.
- 3) Even after being in CoDA for some time, people may feel reluctant because they don't feel they are ready. We remember that in CoDA the people that we approach may not feel that they are qualified – a common codependent trait.
- 4) Many people may not have ever had a sponsor themselves, so they haven't had the benefit of having a model showing them how to model others.

### ***Guides to Help New Sponsors***

**"Can I persuade someone to be my sponsor?"** Many people may be willing to sponsor when they realize that sponsorship can grow out of an introductory dialogue about CoDA.

- 1) Consider asking if someone would be willing to use one of the guides below. The benefit to the sponsor is that it provides clear direction for discussion for every day you will meet.
- 2) You will find that many people are very willing to answer questions that newcomers have about CoDA. If someone says that they're not ready to sponsor or don't have the time for it, ask if they would be willing and available to just answer questions you have about CoDA.
- 3) We remember step 1. We cannot control what other people do. All we can do is ask.
  - a. **1<sup>st</sup> 14 Days in CoDA** – A guided 14 day introduction to CoDA. Introduces newcomers to step 1, the CoDA patterns, and prompts the discussion of recovery. Most CoDA members who have been in CoDA for 6 months or more would likely be comfortable discussing these topics.
  - b. **The 30 Questions – A Clear guide to working the first three steps with a sponsor.** It is recommended to use this guide with someone who has worked all 12 steps.

### **Co-sponsoring (adapted from Sponsorship Booklet)**

“Co-sponsoring occurs when two CoDA members sponsor each other. Co-sponsors meet or call regularly to share what they are learning about the Twelve Steps and Twelve Traditions. They share experience, strength, and hope equally, growing in their own way and at their own pace.

As in all sponsor relationships, the recovery goal in CoDA co-sponsorship is to have a mutually beneficial relationship. Working the Steps, changing our behavior, and growing spiritually frees us from advising, controlling, and rescuing.

Co-sponsors may choose to have another CoDA member guide them, especially through difficult situations or when they get stuck. Sometimes co-sponsorship is a good model for sponsorship when utilized in conjunction with a Step-Study Group.”

### **“So what if I STILL can’t find someone in my group who is willing to be a sponsor?”**

- 1) Attend other meetings to seek out a sponsor.
- 2) Attend online meetings and ask if anyone is willing to sponsor. Many people are sponsored long distance over the phone, via Face Time, or Virtually.
- 3) Providing service work can help introduce you to other CoDA members who are actively working their recovery. When working with others there is always an opportunity for disagreements. Those are great opportunities to work through those issues in a recovery environment.

### **Temporary Sponsor (adapted from Sponsorship Booklet)**

One way to become comfortable with a sponsor is to investigate temporary sponsorship. Often the time period for such an arrangement is left open-ended. We might want to commit to being sponsors for a couple of months and then re-evaluate the relationship.

**ADDITIONAL SUPPORT:** A final resource is the **Outreach sponsorship workgroup**. If you have tried all of the above options -or cannot- please email the workgroup at ***sponsorship@codas.org*** for more information.