Just knowing that there is one person there to support you, to love you and help you love yourself, is a gift all in itself.

Co-Anon Family Groups are for friends and family members affected by the disease of addiction.

Find a meeting near you

www.co-anon.org

Sponsorship

Use It and Do It

www.co-anon.org

Why Sponsorship?
In the beginning, you have found that it is helpful to go to as many meetings as possible. Once there, you spent time listening and talking to others before and after meetings.
By now, you have realised that Co-Anon Family Groups are based on the Twelve Steps of recovery. Like many of us, you realise that you are still not sure what to do; how to work the Steps, get a sponsor and find a Higher Power.

What Is A Sponsor?
A sponsor is a member of Co-Anon Family Groups who has completed the Twelve Steps. It is suggested that a sponsor is a person of the same gender but this is not a rule or requirement. It is ultimately down to who you feel comfortable with and whose journey you identify with. A sponsor is a person who can share with you how to work the Twelve Steps. A sponsor will show you how the principles of the program are life tools for you to use. A sponsor shares their personal experiences, strength and hope.
Your sponsor will be someone who will lend you an ear and honour your personal confidences. They will not share personal information. A sponsor will be there for support,guide and love you so that you can find and love yourself.
Without a sponsor, the life of misery and loneliness could return.

How Will A Sponsor Help Me?
A sponsor will help you think about your situation differently and encourage you to look for the answers outside of what you already know.
A sponsor will help you assemble the puzzle pieces you have obtained by attending meetings. A sponsor can show you direction, offer suggestions and will never give advice. They may, however, prod you occasionally or remind you of the principles of the program. They share compassion, but not pity.

Sponsors:
- Answer questions and provide direction when necessary.
- Listen.
- Never take another's inventory, but give honest answers if asked.
- Never give advice or make decisions for a sponsee, particularly about family situations.
- Provide patience, understanding and open-mindedness.
- Accept, care, encourage and love.

How Does Sponsorship Help The Sponsor?
Sponsorship is not all giving. It is often a two way street. Sponsors see much of themselves in their sponsees. The fellowship between sponsors and sponsees foster relationships that can last a lifetime.

What Does A Sponsor Ask Of Me?
In addition to mutual respect and consideration, sponsors may ask that we:
- Attend meetings regularly and share at these meetings.
- Keep in regular contact, by telephone or in person.
- Study the Steps, Traditions and Co-Anon Family Groups Conference Approved Literature
- Practice the Steps and apply the principles of the Programme in all aspects of our lives.
- Have the willingness to continue to work the programme the best we are able to.
- Be of service or take what we have learned and give it to someone else by sharing with others.