

Who can be my AA-Sponsor?

Why do I need an AA-Sponsor?

If I **can't** keep myself sober on **my own power**, then I need access to a Power greater than myself. It's only an AA-Sponsor, who himself is a **recovered alcoholic**, who can help me to find this Power greater than myself, so that I can be a **recovered alcoholic** too, and live a very good life.

**I can't be cured from my
deadly disease of alcoholism,
but I can RECOVER from it!**

Who can be my AA-Sponsor?

When I am new in AA, it is not easy to recognize who is qualified to be an AA-Sponsor. Unfortunately there are many in AA that think they can be Sponsors without having recovered from their disease, it doesn't work. How can I give away something that I don't have? It's like the blind leading the blind. How can I know something that I don't know? That is why it is so important for you to get a **REAL AA-Sponsor**, it is **your life** we are talking about! Some criteria and qualities are required to be an AA-sponsor. Here are the most important:

The Sponsor has to be a recovered alcoholic. Having done **all** of AA's Twelve Steps, as outlined in the book "Alcoholic Anonymous", commonly referred to as the "Big Book".

The Sponsor must have his/her own Sponsor. Otherwise, it is easy to make it "my program", etc. instead of AA's Program. **NOTE:** There is no room for personal interpretation of AA's Program (AA's Twelve Steps).

The Sponsor guides in accordance with the Big Book, not after their own ideas and opinions, but after their experience, knowledge and the Big Book.

How do you search for a REAL Sponsor?

- When you go to your very first AA-meeting, listen very carefully to what they are talking about (before, during and after the meeting). Are they talking about problems (regarding their spouse, job, or everything under the sun, etc.) **or** do they talk about what they have done to recover from their alcoholism? If someone belongs to the latter category, they can possibly be of interest to you.
 - Ask that person that you believe could be qualified to be your AA-Sponsor, if he or she has worked the Steps outlined in the Big Book. If not, look further.
 - If you can't find someone in your area, try contact www.ppgaadallas.org/ for help finding a **REAL AA-Sponsor**.
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Here are some common questions regarding Sponsorship:

- **Must the AA-Sponsor be of the same gender as myself?**
No, not necessarily, but it is an advantage.
- **Do I have to do everything that my Sponsor tells me to do?**
Yes, if you want to survive your deadly disease of alcoholism, then it is important to do what your Sponsor says. Half measures avail us nothing.
- **Can I have more than one Sponsor?**
No, it's not good or advisable.
- **How fast does it take to do the Steps?**
It takes a week or two to do the Steps. This is not a lengthy process, regardless of what people in and outside of AA say. Where in the Big Book does it say it should take time? Exceptions could be part of Step 9, for practical reasons.
- **What do I do if the proposed AA-Sponsor says, that there is more than one solution in AA?**
AA has but **ONE** solution and it is in the Big Book. AA doesn't claim that our solution is the only one, AA has no opinion on outside issues. If someone is talking about alternative solutions, AA is the wrong place for that. These things have nothing to do with AA (other philosophies, therapies, treatments, etc). Keep on looking!
- **Does my AA-sponsor need to be like me?**
Not at all. The most important thing is that your Sponsor can guide you, help you to work the Steps and find a *Power greater than yourself*.
- **What can I expect from my AA-sponsor?**
To be guided through the Steps, outlined in the Big Book, to recover from the deadly disease of alcoholism.

- **What can't I expect from my AA-sponsor?**
That your Sponsor will be your banker, marriage counselor, or provide both medical & legal advice. Your Sponsor may be able to help you find the right person for your other specific problems. Your Sponsor is not a therapist, doctor, psychologist, lawyer, etc. (unless the Sponsor happens to be a member of one of those professions). The Sponsor is a **recovered** alcoholic who is helping you to also become a **recovered** alcoholic.
- **Can I change my Sponsor?**
Sure. The agreement between you and your Sponsor may be suspended by both parties at any time.
- **What do I do if I don't find someone who can be my AA-sponsor?**
It is unfortunately difficult to find a REAL AA-Sponsor, in many places there is simply no one. Is it over for me then? Not at all, it's fine to have a long-distance Sponsor, via phone and/or Skype (over the internet). Contact: www.ppgaadallas.org/ for further assistance.
- **I would like to have a Sponsor, but not do the Steps, what should I do?**
Since it is impossible to recover without doing the Steps, the answer is simple: **Go away!** AA is only for those who want to have AA's solution. **But remember, when you want to recover with the help of AA's solution, then you are very welcome to AA.**