Get A Sponsor

In our experience, many in our meetings will try to work the program alone. Almost always, this attempt leads to failure or relapse. The solution is to get a sponsor.

What is a Sponsor?

A sponsor is someone further along in the program who can guide you in working the Steps.

Who needs a sponsor?

Everyone in the program benefits from having a sponsor. All of us benefit from having someone we can talk honestly to, share the details of our lives with, and be accountable for how we are working the program.

How do I get a sponsor?

We ask. The best way is to go to enough meetings to find someone whose recovery you want. Then, ask them if they could be your sponsor. Stating in general terms during a meeting that you could use a sponsor won't work. The more recovery the other person has, the more they will let you stew in your troubles until you ask.

The potential sponsor has the right to say no to our asking. This may be for any number of reasons on their part. It is best to continue and look for someone else.

What should I look for in a sponsor?

We look for people who have recovery. That means that we look for a person who is sexually sober, has worked or is working the Steps with their own sponsor, and is willing to share what they have with another person.

Some things to avoid are: people with whom we have a relationship outside of the fellowship, someone to whom we are sexually attracted (and they may decline for the same reason), or people with whom we will recreate a dynamic of abuse or dominance. While we may have the opportunity to work out issues with parents with a sponsor, it is best to not find someone similar to an abusive parent.

Specifically, it is important to not try to use a spouse, minister, therapist, or business associate as a sponsor. The sponsor – sponsee relationship is very different from those kinds of relationships and would cause problems when mixed with those relationships.

What if there is no one like me here?

It is very tempting to claim that "I can't find a sponsor because I am the only person like me in a meeting". However, with the world wide reach of technology, we can always be connected with someone who understands our issues and can call us on our insanity. We can be connected to distance sponsors and there are many ways to find such people including contacting the ISO for their suggestions.

What will a sponsor ask me to do?

The sponsor's job is to help you work the Steps. They may ask you to read material, write in a journal, work on worksheets or in a workbook, make contact with them on a regular basis, and show up at meetings.

A healthy sponsor will not try to chase after you to keep you sober, lend or borrow money or anything else, offer therapy or advice on any subject outside of sex addiction recovery, or get romantically or sexually involved with you.

It is best to follow what a sponsor suggests as it is based on their experience in working the program.

What if it doesn't work out?

There are many reasons why a sponsor sponsee relationship might fail. Each person has the right to end the relationship. People leave the program. People die. Or a character defect on either side may become evident after awhile and doom the relationship. Hopefully, by this time, you will have seen the value of a sponsor and will start the search over again.

Getting a sponsor is a powerful step in working the program. It is a step towards the day when you, too, will have the sobriety to offer it to a new person walking in the door.

Potential Sponsors

Sponsor's name _____

Number:_____

Sponsor's name _____

Number:_____

Sponsor's name _____

Number:_____

Sponsor's name _____

Number:_____

Please send feedback to
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For those new to
Sex Addiction Recovery

Plano SAA

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