

**Sponsor Training 101 Manual**  
**Celebrate Recovery**  
*at Rolling Hills Covenant Church 2020-21*



**"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up." Ecclesiastes 4:9-10**

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## Opening Statement

By taking this training to become a sponsor, you've just done something wonderful not only for the person(s) you'll be sponsoring, but also for your own recovery while living out Principle 8!

Don't try and fix your sponsee(s) because you can't! It's important to remember that Jesus Christ is THE Celebrate Recovery programs higher power. Therefore, the pressure is off! You'll "lead" your sponsee's to better recovery by implementing the proper tools within this training.

REMEMBER: Praying daily for your sponsee(s) is the most important thing you can do as their sponsor.

So, let's get to it and begin your sponsor training!

## Why Sponsor?

Sponsoring is a privilege. Whoever asked you to sponsor them feels safe and comfortable enough to trust you with their deepest secrets. Sponsoring someone not only helps them work through the 12 Steps to Recovery, but it also helps you in your own recovery. By serving in this capacity, Jesus Christ will use you in ways that will amaze you!

Always remember that it's their program; you'll be coming alongside them for a time to encourage them. Your own recovery has been an incredible journey! But, there's a tendency to say to your sponsee, "*This is the way it worked for me, so therefore you MUST do it this way!*" A better mindset would be something like: "*This is how it worked for me, but God works differently in each person's life. I encourage you to pray for guidance.*" This is THEIR journey now. What worked for you may not work as well for them.

It's valuable to share how it worked for you as long as they understand it may not be the same for them. It gives hope that God does indeed work. As you mature in your sponsorship role, you'll gain more understanding, wisdom, and knowledge to do the best for your sponsee(s). Remember, let go and let God do the fixing!



## **History with Sponsors**

Initially, we started needing sponsors to only listen to the 4th step. then we added help for the 6th and 11th steps to recovery. we currently recognize that there is great value in a relationship between the Sponsor and Sponsee throughout the entire 12 Steps to Recovery and beyond!

## **Our Goal with Sponsors**

We're aiming for Sponsors to come along side Sponsee's in the mode of 2 Timothy 2:2, *"And what you have heard from me in the presence of many witnesses entrust to those who are faithful, who will be able to teach others also."*

## **Prerequisites for being a Sponsor**

**a.** *Completed at least one Step Study (4 CR Participant Guides). It's mandatory that you as a new Sponsor have completed a Step Study and worked through all 12 Steps of the recovery process. You can't transmit something you don't have!*

**b.** *One continuous year of sobriety or abstinence in your area of recovery or addiction. Our own recovery should be on track and making progress before sponsoring others. We want to serve out of strength in our healing. We don't want to risk our own recovery due to stresses of Sponsoring.*



**c.** *Actively attending CR meetings including Large Group and Open Share Group on Friday night as well as regular attendance in Step Study meetings if currently attending. Nothing spells leadership like being an example to your sponsee. Modeling a heart of service and a growing walk with Jesus is how you can model successful recovery to your sponsee(s).*

**d.** *Have your own Sponsor and Accountability Team in place. We must have a balanced recovery and accountability team for our own growth and support.*

**e.** *Must be same sex with sponsee. This is for safety reasons.*

**f.** *As a sponsor, you should constantly model Principle 7, "Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will." Remember, you can't transmit something you don't have! Just like exercise builds a strong body, Principle 7 will continue to build your personal walk with Jesus.*

## THE AREAS OF A SPONSOR'S CHARACTER

### 1. Prayer (Engages often in Prayer)

**"Continue earnestly in prayer, being vigilant in it with thanksgiving, meanwhile praying also for us, that God would open to us a door for the word, to speak the mystery of Christ, for which I am also in chains."** COLOSSIANS 4:2-3

- Sponsee's healing
- Lifting denial
- Protection

### 2. Oneness with Christ

**"Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up. But if someone is alone...there is no one to help him...Two men can resist an attack that would defeat one man alone."** ECCLESIASTES 4:9-12

- Daily prayer, Bible reading and meditation
- Attendance at Large Group meetings, Open Share groups (as well as Step Studies and Leadership meetings if applicable)

### 3. Never Condemns

**"There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the spirit of life in Christ Jesus has made me free from the law of sin and death."** ROMANS 8:1-2

- Listens - You are viewed as trustworthy and safe. Many things will be shared in meetings, but the sacred, deep wounds are often for you, the Sponsor, alone to hear.
- Sensitivity - Be positive, when listening to your sponsee at any time, your first words should not be: *"That's awful!"*, or *"Are you kidding!"*. Your facial expressions are important. Your Sponsee can read your face, so stay calm. Never shame your sponsee. Always remember your own recovery journey.
- Prayerful Feedback - You can take time to respond, it doesn't need to be said immediately; say you'll pray about it or seek wise counsel from God's Word and perhaps your pastor or sponsor. Be careful to keep anonymity.

#### 4. Share Your Personal Experience

**"The Spirit of the Lord God is upon Me, because the Lord anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to claim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all who mourn."** ISAIAH 61:1-2

- Sharing your personal healing story (God never wastes a hurt)
- Offers Hope - As you open up about how God has brought healing and light to your dark places, your Sponsee will be encouraged and come to understand that it will happen for them too.
- Demonstrates Freedom - "Nothing new under the sun"; you don't have to hide...you're free. Caution: don't use your sponsee for your own grievances.

#### 5. Open and Honest Communication

**"The training of the wise is a fountain of life, turning a man from the snares of death."**  
PROVERBS 13:14

- Be Compassionate - Your sponsee needs to know you care for them, that you're praying for them, and that they're understood. Be careful not to try and fix them; the Lord will heal in His time. Recovery is a process. Always remember it took you a while to glean the teachings of the CR program.
- Listen - The major role of Sponsoring is being a good listener. You must carefully consider situations before offering suggestions. Most people get to the bottom of their own issue by just talking it out. See "listening technique" at *Coaches You Through the Principles and Steps* of this manual.
- Confront Denial and Procrastination - Confront your sponsee's directly but with Godly love for your sponsee. You must be strong enough in your Christian walk and personal recovery process to point out, in a loving manner, the detrimental patterns of behavior in your Sponsee. This could save their life and is an act of great love and kindness, even though it doesn't always feel that way. If your relationship becomes unhealthy or overly dependent, confronting denial and procrastination will be difficult to do—yet it is necessary for both their recovery process and yours.

**"The teaching of the wise is a fountain of life, turning a man from the snares of death."**

PROVERBS 13:14

## **6. Responsibility (takes responsibility seriously)**

**"He who walks with the wise grows wise, but a companion of fools suffers harm."**

PROVERBS 13:20

- Availability - When you make the commitment to be a Sponsor, you must be available for routine meetings or phone calls and special circumstances (i.e., potential relapse and related crisis). It is important for you to set the tone of the relationship and verbalize the expectation of regular meetings. Your Sponsee needs stability and the chance to bond with you. You must counsel them and tell them when the best time to call you is before they act out. You can be of little assistance after the fact. You need to be available to return calls or to set time aside; however, it is not your responsibility to call them on a regular basis. It is the sole, primary responsibility of the person desiring to recover, to reach out and ask for help. You will need to be there when they ask; however, it is unwise to be the one calling to try and make them recover, rescue, or fix them. You cannot do this for them, and wanting to be rescued may be an old pattern of behavior for them.
- Boundaries - You are not the father or mother, spouse or best friend! Stick to giving only objective suggestions and guidance, not falling into an unhealthy or co-dependent relationship. See *Sponsor/Sponsee Agreement Form*.

Important to remember: If you're worried about your sponsee or losing sleep, you're not helping them or yourself!

Do not overcommit

- Protects anonymity and confidentiality
- Offers suggestions not demands
- Rejoices in their victories, e.g. A hug, a card, coffee, small gift.

## Key Concepts in Sponsoring

1. Sponsors are an important position in the healing of a Celebrate Recovery member.

2. Sponsors are voluntary and as such may decide not to continue with a Sponsee at any time. Similarly, a Sponsee may decide at any time to discontinue working with a particular Sponsor. **\*\***(Note: if the Sponsor decides not to continue working with a Sponsee between the start of their 4th step and the completion of their amends/forgiveness process, please talk with the *Sponsor Coach* before hand, as this can cause a significant disruption in the progress of a Sponsee in their Step Study)



3. Sponsors are expected to uphold the Celebrate Recovery Guidelines and policies, including the Saddleback CR DNA. This includes not fixing their Sponsee.

4. Sponsors have latitude to set agreements with their Sponsee which may include setting goals in order for the Sponsor to work with the Sponsee, such as reasonable expectations of Large Group Meeting attendance, CR service, Step Study participation etc. See *Sponsor/Sponsee Agreement Form*.

5. While it is not required that Sponsors have the same issues as their Sponsee, it may be helpful and is up to the discretion of the Sponsor.

6. Working the program is the responsibility of the Sponsee. Sponsors may provide guidance, but must keep their hold on the relationship loose enough so that the Sponsee takes the initiative for follow-through.

7. Sponsors may work with their Sponsees to define the difference between losing sobriety and entering into a danger area. The Sponsor and Sponsee may agree on appropriate action to be taken for each of these situations. This should be done using biblical principles. The Sponsee must have ownership of these definitions and actions. (A Sponsor should not agree with a non-biblical definition of sobriety, but if the Sponsee does not agree with the sobriety or issue definition, they are not likely to be successful. Talk to the *Sponsor Coach* if this becomes an issue).

8. The actions of a Sponsor takes on a different emphasis as the Sponsee works through the different Principles in a Step Study (see below).

9. The Sponsor is responsible to the appropriate Training Coach for adhering to the Sponsor Training and policies. When in doubt, ask.

10. MOST IMPORTANTLY: Be open to the Holy Spirit for guidance.

## ***Key Moments in the Life of a Sponsee***

<b>Principle</b>	<b>Step</b>	<b>Highlight</b>	<b>Role of Sponsor</b>
Principle 1 Principle 2 Principle 3	Step 1 Step 2 Step 3		Develop rapport Set expectations for sponsorship Help clarify the 12 Step process Encourage to attend Friday night Encourage to serve
Principle 4	Step 4 Step 5	Confess my faults to myself, God and others	Listen to inventory
Principle 5	Step 6 Step 7	Ask God to remove character defects	Available to support and provide insight
Principle 6	Step 8 Step 9	Evaluate my relationships and make amends and/or forgive	Help them fill out the Principle 4 inventory worksheet Help them develop plan and work through amends/forgiveness process
Principle 7	Step 11	Reserve a daily time with God and daily inventory	Encourage to seek God
Principle 8		Yield myself to God to be used by Him	Encouraged to serve



## Sponsors vs. Accountability Partners

<b>Accountability Partners (AP)</b> 	<b>Sponsor</b> 	<b>CR's suggestions</b>
Attend Step Study meetings together	Coaches you through the Principles and Steps	Attending the same step study is recommended but not required, as it may not be practical long term
Attend Large Group meetings together	Gives assignments	May require certain attendance frequently at Large Group meetings
Go to fellowship events together	Gives suggestions	For Sponsees who would benefit and need someone coming along side, Sponsor may initially choose to attend with Sponsee
May relate to the same area of struggle	Makes recommendations	
Call each other daily or as agreed on	Helps bring clarity to the Steps	AP's start with daily contact. Sponsor defines frequency based on their time and criticality of situation
Encourage each others program	Requires meeting attendance	May require certain attendance frequency at Large Group meetings
Help motivate each other	Requires check-in calls	Put responsibility on Sponsee to initiate at least half of the contacts
May or may not be at the same place in their recovery (Steps, sobriety time)	Has at least one year continuous sobriety and has worked through the Steps	
May include more than two people	One on one relationship with same gender and area of recovery if possible	Same area of recovery for Sponsor may help, but is not required
Hold each other accountable for defined actions. Pray for each other	Shares experiences and victories	May require Sponsee to obtain an accountability partner

## SPONSORSHIP ESSENTIALS

### (A) COACHES YOU THROUGH THE 8 PRINCIPLES AND 12 STEPS

Listening is one of the most important practices of a sponsor. By listening effectively, you'll be able to assess the exact nature of the questions and concerns your sponsee has. So, close your mouth for a time and open up your ears!

#### Listening technique "Confirm & Reconfirm"

Listen to your sponsee without interrupting them. When they are done, repeat back to them the high points of what they just said to you to confirm what they're saying. Ask them "is this what you said?". If not, get clarity by asking them to explain again. Then, repeat it back and reconfirm until they say "yes, that's it."



#### Use the "Feel, Felt, Found" technique

At times, you'll deal with an anxious sponsee. After they've shared their concern(s) and you've used the listening techniques previously mentioned; use the "Feel, Felt, Found" technique as a confrontational tool. NOTE: DO NOT use this tool if you DO NOT understand how your sponsee feels.

#### Example

**Sponsee:** *"I don't understand why I should journal my thoughts and feelings."*

**Sponsor:** *"Journaling seems to be a tough thing for you, is that right?"*

**Sponsee:** *"Yes, I hate it."*

**Sponsor:** *"I know how you **feel**, I **felt** that way when I started, but let me tell you what I **found**."*

Then you can tell them your experience with journaling.

SIDE NOTE: Using the "Feel, Felt, Found" technique is a great way to share how Jesus has changed your own life!

Let's take a little time on the next page to review the differences in sponsors and accountability partners...

## **(B) SPONSORS VS. ACCOUNTABILITY PARTNERS**

*What is your responsibility as a SPONSOR or ACCOUNTABILITY PARTNER?*

- *Sponsors and Accountability Partners must be the same sex.*
- *Part of taking responsibility for your own recovery is taking the initiative in seeking new relationships - finding a sponsor and an accountability partner. (Having several people around you who hold you accountable, safeguards your recovery).*

*Note on Accountability Partners: Each member of an accountability partner team defines what they want to be held accountable for. This could be for their sobriety or for items that contribute to their healing or sobriety (for example, getting enough rest, staying away from triggers or cues to act out, or staying out of "grey areas" that compromise recovery and chance of relapse.)*

## **(C) GIVES ASSIGNMENTS**

### **Practical**

One source is from the Step Study Participant Guides, especially the 4th guide book. This will be covered more in depth in the Advanced Sponsor Training. In short, as you get to know your Sponsee and their background you may find some Step Study exercises that they found particularly helpful or that they did not complete thoroughly. These are both sources of assignments.

## **(D) SETS A GOOD EXAMPLE**

**"He must hold firmly to the trustworthy message as it has been taught, so that he can encourage others by sound doctrine and refute those who oppose it." TITUS 1:9**

### **Practical**

- Experience: You've kept your own house in order and keep applying the 8 Principles in your life.
- Quality and characteristics: They want what you have; progress and victory in recovery. What you shared in Open Share Group or Step Study touched them in some way.

- Vulnerability: Does your own sharing go deep enough to show others your "real" side? In doing that, do others see your Godly confidence while being vulnerable?
- On-going accountability (small group)
- Attending Recovery Meetings
- Practicing and Living Out the 8 Principles of Recovery

## **(E) GIVES SUGGESTIONS AND MAKES RECOMMENDATIONS**

**Practical** (Similar to assignments)

A few words about assignments and suggestions...

You can suggest it, but tell them "it's between you and the Lord." Some people want to be told what to do; that's part of their recovery. Don't feed your own codependency and control. In addition, if your assignment fails, for whatever reason, guess who gets the blame?! They may use this to keep from accepting responsibility. Learn to guide them with suggestions and help them come to the conviction to grasp the action that the Lord is prompting.

You can't make them witness or read the Bible. You can't force them to make a particular amends (the principle says, "we became willing.")

If they aren't listening to you or taking your suggestions, ask them about it.

While these are things that Sponsor's can not require of the Sponsee, you don't have to remain as their Sponsor if this is causing a problem.

There is more about how to handle assignments and suggestions in the Advanced Sponsor Training.

## **(F) REQUIRES MEETING ATTENDANCE**

**Practical**

Lead them in coming to a joint agreement with you about what is realistic as far as meeting attendance is concerned. (Note: if Sponsee schedule is not conducive to adequate attendance on Friday nights, have them attend as much as possible and then think about alternatives - other CR's on other night besides Friday.

## **(G) REQUIRES CHECK-IN CALLS AND REGULAR MEET-UPS**

### **Practical**

You decide

2 times per week, or as needed

Schedule may vary with each step

Meet 1 time per month, after each step is completed, or as needed

Invite them to lunch, coffee, Thanksgiving dinner, etc.

Try to do activities together

Can meet before or after Large Group, Step Study Group, or Solid Rock

## **(H) ENFORCES THE GUIDELINES**

It's important especially for you as a sponsor to enforce the guidelines at all times with the love of Christ. Remember, your sponsee will someday be a sponsor themselves, so share, correct, and direct with that in mind.

## **(I) SAME GENDER MANDATORY & PREFERABLY SAME AREA OF RECOVERY**

### **Practical**

Same area of recovery is the ideal, but might not be realistic due to lack of Sponsors available for example.

## **(J) WILLING TO CONFRONT DENIAL AND PROCRASTINATION**

### **Practical**

Encouraging sponsee to put more effort into their recovery

Lovingly pointing out his denial (Use "Feel, Felt, Found")

## **(K) STRONGLY ENCOURAGES OTHER RELATIONSHIPS**

### **Practical**

The advantage of having an Accountability Team, made up of a Sponsor and Accountability Partners, is that you are not dependent on only one person for accountability and connection when needed. Having several people around you, holding you accountable, safeguards your recovery.

You may be on vacation, in a meeting, your own crisis. It is unhealthy and unwise to have just one person to call in a crisis!

Sometimes they will hide behind you in order not to take responsibility or to find an accountability partner. They want you to tell them what to do. Don't get involved in this type of codependent behavior as it's a slippery slope!

## **INVENTORY AND AMENDS/FORGIVENESS SUPPORT**

### **INVENTORY**

The Step Study co-facilitators will provide the inventory packets to your Sponsee near the beginning of book #2.

If this is their first or second RHCC CR Step Study, they will have the basic questions (Childhood, Adolescent and Adult sections).

If they have completed more than two Step Study's, they will receive the "advanced" inventory packet, which focuses more on their experience in the period since they completed their last study.

It's important for you as a Sponsor to know which inventory packet your sponsee receives from their Step Study Co-facilitator.



They will have 8 weeks to complete their inventories and meet with you (their sponsor) to read it aloud. It is their responsibility to schedule with you, as their recovery is their responsibility. You will want to know when they are starting this section so you can be reasonably available.

The sponsor's responsibility is to meet with the sponsee and **listen** to their answers. This is done in no other way but in person. No video or voice meetings.

You will primarily listen to the answers, although they may ask clarifying questions or probe if it seems that the sponsee has not addressed some issues or skipped over some aspects that may be critical to their recovery. So, having a copy of the inventory in front of you is a great practice!

You should also be aware of items that may be relevant when it's time for the sponsee to go through the Amends/Forgiveness exercise a little later in the process.

It is discouraged for the Sponsor to take notes during the inventory, check emails, or other actions that say, "*I'm not paying attention to you.*" Be aware of the major issues in case the Sponsee gets a little side-tracked or needs a reminder of someone they forgot when they get to the Amends later on.

Be sensitive to the Holy Spirit when asking questions of the Sponsee. We don't want to make this already difficult process for the Sponsee unnecessarily painful.

Also, remember, we are not trained counselors, so we are not here to give advice, counsel them on their marriage or otherwise "fix" them. This can lead to a load of trouble for them and you!

Sponsors do, however, have a little more latitude than Step Study Co-facilitators, Accountability Partners, or Prayer Partners, to bring up areas that the Sponsee may have overlooked or is avoiding.

It is recommended that you and your Sponsee do not try to get through all the questions at one sitting, so encourage them to start early enough that there is not a panic to compete within the deadline.

Remember, addicts often have trouble with schedule-management and follow-through!

If, after your guidance, they fail to plan, it is not your responsibility to go into emergency mode to accommodate their deadline.

## **AMENDS/FORGIVENESS**

The Step Study Co-facilitators will assign your Sponsee the exercise of going through the Inventory Worksheet and then to meet with you around Lesson 19 (Crossroads). Your role here is to give them some guidance if they are having difficulty or confusion in working through the worksheet. Your main job is to listen to their list of Amends and Forgiveness. You may also need to help them with the following decision(s)...

Whether to make direct or indirect amends/forgiveness

What restitution should be made

If making amends/forgiving would injure others

If they are taking too much responsibility

Alternate methods of making amends/forgiveness where direct contact is not possible or appropriate.

Develop a tentative schedule on when they will make the amends or forgiveness. Be sensitive to the Holy Spirit here!

Your Sponsee will be instructed to set preliminary dates by Lesson 21 so they can ideally complete amends/forgiveness before the end of their Step Study. Remember, this is one place where THE MIRACLES happen!

The Holy Spirit may have an entirely different schedule, which overrides what you and your Sponsee decide.

Your Sponsee will be instructed to meet with you by Lesson 21, but certainly before the end of the Step Study to discuss how each amends/forgiveness went, if any more items surfaced, how to handle them, etc. CELEBRATE SUCCESSES HERE!

If the Holy Spirit changed the schedule you and your Sponsee decided on, simply discuss what happened and make a new tentative schedule.

Your Sponsee will be asked to report back to their Step Study Co-facilitator when this "third" meeting with you has been completed.

## FREQUENTLY ASKED QUESTIONS

### **Question: What type of direction could I provide?**

Answer: ALWAYS PRAY FIRST! Prayer is the most important thing you can do for and with your sponsee. Other suggestions will depend on the circumstances. You most likely will offer direction based on what has worked for you in the past; however, here are some ideas:

1. Journaling. Writing has been shown to be therapeutic and healing, allowing you to get rid of damaging feelings and track your progress toward recovery.

2. The Celebrate Recovery Bible. We find answers to all of life's riddles in God's Word, including loads of hope and encouragement to "press on" and not give up. The Celebrate Recovery Bible features reflections on specific recovery issues and designates scriptures to meditate on while working through each Step.

3. The Step Study Groups and Friday Night Celebration. This provides the opportunity for participants to develop their Accountability Team and encourages lifelong friendships. We have found that this additional structured evening is also very helpful.

4. "90 in 90." Each Newcomer can benefit from 90 meetings in 90 days, helping to keep their sobriety/abstinence by starting a firm, disciplined foundation. Depending on the recovery area, this 90-day foundation may include church attendance, Bible studies, Sponsor meetings, fellowship, etc., in addition to attending and participating in CR Open Share Groups and CR Step Study Groups.

5. Counseling. Don't be afraid to suggest private counseling, if you feel it would benefit their recovery process.

6. Opposite Sex Relationships. It is recommended to avoid these relationships during the first year of recovery unless you are married. This reduces the risk of focusing on another person, rather than working on the relationship to self and God.

### **Question: Why is my Sponsee working through the Steps much faster or slower than I did?**

Answer: Each person will need to work through the Steps and Principles at their own pace, allowing for individual personalities. Trust your godly discernment to alert you when they are stuck, or if they are trying to breeze through the Steps too quickly. If you have these concerns, bring them to your Sponsee's attention, for their benefit.



**Question: What if my Sponsee calls me when they are drunk or high?**

Answer: Let them know that you can't be much assistance to them unless they are sober. Encourage them to call you back when they are sober. If they ask for help getting out of a bad situation, or need to get to the hospital for overdose or detox, you may choose to pick them up but **DO NOT GO ALONE!** Always take another recovering person with you. When your Sponsee is sober, let them know that you will not do that on a regular basis. They need to get help. If they are not asking for help and continue to call while intoxicated, don't answer the phone. If they are drunk or high, it is unlikely they will remember anything discussed and you will not be able to reason with them. If your sponsee or anyone else in CR is not sober and attempts to drive a car after you've sternly warned them not to; call 911 and report them.

**Question: What do I do if my sponsee talks about suicide or that they want to hurt themselves or someone else?**

Answer: *(see Suicide Form)*

**Question: What are some ways my sponsee can make indirect amends to those they've hurt?**

Answer: The following are a few options for indirect amends...

- Prayer in every amends/forgiveness situation
- Letter (read to sponsor, read at gravesite, burn, empty chair...)
- Ways to repair damage that cannot physically be undone: indirect amends
- It could be to volunteer in the church, at a shelter, etc.
- If you assaulted someone, volunteer at a shelter for battered women.
- If you took a life as a drunk driver, volunteer to donate organs.

**Question: I have lost my sobriety. What do I tell my Sponsee? How do I get to be a Sponsor again?**

A. If you lose your sobriety, contact your sponsor immediately and tell them! Many times if you wait to do this, you'll come up with lots of reasons why you shouldn't. The reality is that you definitely **SHOULD!** Work through the **RELAPSE** process and get advice and direction from your sponsor. Your sponsor may advise you to go to your sponsee(s) and be honest with them informing them of your relapse. This will be a learning moment for them and set a great example for them to do likewise if and when it happens in their own recovery process. In order to sponsor again, you'll have to demonstrate sobriety for the prerequisite time period for sponsors, as well as go through the relapse process with your sponsor.

**Question: What do I do if my sponsee does not complete their inventory (or amends/forgiveness process) on time?**

Answer: Your sponsee has a set amount of time (just like everyone else) to complete these sections/processes in their recovery program. You should not stress out about "their recovery program." It's their responsibility. It may be tough, but they'll need to drop their Step Study and start a new one. There needs to be a consequence attached to non-compliance.

**Question: If I'm not sure whether or not my sponsee has broken their sobriety, what should I do?**

Answer: Ask either your own sponsor or the current *Sponsor Coach for more clarification here*. Remember, unless your sponsee is caught in the act of breaking their sobriety, how would you truly know? It's between them and God. Sometimes, part of recovery is dealing with truthfulness. Don't mettle or try and control your sponsee. Just be there for them when they do reach out. Pray for them consistently.

**Question: My sponsee says that they need me to take their calls at whatever times they need to reach out. I'm not able to do this because of my work schedule. What should I do?**

Answer: When a sponsee asks you to be their sponsor and you accept, it's a great idea to set boundaries at that time. You may use the form *Sponsor/Sponsee Agreement Form* to set boundaries. In many secular recovery programs, sponsors are encouraged to be there for their sponsee whenever the need arises. This is Celebrate Recovery however, a Christ centered recovery ministry. It's up to you to set boundaries with your sponsees that not only work for them, but you as well.

**Question: Why might I resign or be removed as a Sponsor?**

Answer: This is a volunteer position and you may resign at any time. Some good reasons to do so would be if you repeatedly relapsed, moved away, had a major life change, had a family emergency or if your guidance is not being followed (your Sponsee is asking for help, but choosing not to work the program). You may also be removed as a Sponsor. Do not be discouraged if this happens. Keep in mind that there are commonly three reasons to remove a Sponsor: 1) Sponsee is not willing to take your direction; 2) different personalities or styles; and, 3) they need more attention than you can offer. If this happens, examine your part, but don't give up, you are needed! You may always agree to be a temporary Sponsor, while someone continues to look for a permanent Sponsor with more similarities.

## CONGRATULATIONS ON COMPLETING SPONSOR TRAINING 101!

You've now completed the pre-Sponsor training and Sponsor Training 101 (the basic course). In the Advanced Sponsor Training Course, you will be given further information on how to help your Sponsee and some tips that we have compiled for this process. This class is offered periodically.

All that's left to do is to take the **Sponsor Quick Quiz** and complete and sign the **Sponsor Covenant Form**. Access both the quiz and covenant form on the resource page. Download both, print them out, complete, give it to the *Sponsor Training Coach* (Trent).



When you accomplish the above, you are a **Certified Celebrate Recovery Sponsor!** Your name will be added to the Approved Sponsor List that is placed on the Welcome Table at Large Group meetings on Friday night. Please place an "S" sticker on your name tag each Friday night (even if you are not available to take more Sponsee's).

Congratulations and thank you for your service!

If you have ANY questions regarding this course or any other matter related to Sponsors and Sponsee's, please call or text me at 213-215-0080. I can also be reached by email at [coachtrent@hotmail.com](mailto:coachtrent@hotmail.com).

It's a pleasure and an honor serving you as your Sponsor Training Coach!

Yours in Christ,

Trent M.

P.S. I'm looking forward to helping you in your journey to be an effective sponsor! There will be more "*Advanced Sponsor Training Courses*" throughout the year, so please join us to learn more!