

**Advanced Sponsor Training Script 1-31-20**  
**Setting Appropriate Boundaries with Sponsee(s)**

1. Intro and prayer
2. Devotional
3. Goal of today's training...
  - a. To help you understand and be aware of how to work toward a healthy relationship between you (the sponsor) and your sponsee.
  - b. What our role is as a sponsor to our sponsee
  - c. and finally, how to set yourself up for success as a CR sponsor

REMEMBER! The only authority we'll ever have comes from the Lord! Get close to Him!

4. A personal boundary, as most people use the term, is a defining line that separates individuals from one another, e.g. sponsor/sponsee.

There are areas in life that belong to you, and there are areas in life that belong to your sponsee. For example, your sponsee does not have the right to call you at 3am unless you give them that right.

Have any of your sponsee's ever taken advantage of your commitment to them as their sponsor?

How many here have ever had sponsee's take advantage of your time?

How about the advice you've given?

5. Hopefully after this training, you'll have a clearer understanding of your role as a sponsor and what you're responsible for and also, what you're not!
6. SLIDE #2 - there's a high probability that your sponsee is pretty messed up, confused, in denial, and lacks understanding when they come into this program.
7. SLIDE #3 - they'll need these five things from a sponsor...
  1. Tons of prayer (both in your own prayer time and together with your sponsee)
  2. Patience
  3. Understanding
  4. CR approved guidance
  5. Setting up healthy boundaries to protect the sponsor/sponsee relationship
8. SLIDE #4 - Beware! Don't get pulled down into the vortex! **I Corinthians 10:12**, "*So, if you think you are standing firm, be careful that you don't fall.*"

**Help for those who've been pulled down into the vortex...** (the Vortex solution) BUT FIRST...

**The Why...**

1. Sponsor's co-dependent behavior (co-dependency *-doing something for someone that they should be doing for themselves*). I simply don't have the time to go into the WHY of our co-dependency issues; that's what CR is for! But, we can and are learning about the mechanics of setting healthy boundaries with the sponsor/sponsee relationship.

## 2. Co-dependent behavior PLUS pre-learned secular program sponsoring.

In many cases, your sponsee's are coming from secular recovery programs. They expect you to be the same kind of sponsor as the secular programs teach, i.e. 3am phone calls, bailing them out of jail, taking them home when intoxicated, etc.

Let's be clear. It's your prerogative to be that type of sponsor if you choose. However, this is CR and we think it's a good idea to give **you** the tools and training to decide just what boundaries **you** want to for yourself.

### **Suggested 3 Step Solution...**

1. Use CR chain of command and get help
  - A. your sponsor
  - B. sponsor training coach (me)
  - C. Nate
2. i.d. the issues between you and your sponsee
3. Meet with your sponsee with new boundaries and stick to the plan! Let's take a moment to review the ***Sponsor/Sponsee Agreement Form***. (Use my example)

## 9. Show video "TIME, TIME, TIME" (2:50)

10. SLIDE #5 - Take the time to review the Sponsorship Essentials in the Sponsor Training Manual. This will help you get a clearer understanding of what your role is to your sponsee.

11. SLIDE #6 - So, let's spend some time talking about setting healthy boundaries with your sponsee.

12. SLIDE #7 - Let's clear something up right here; you are NOT your sponsee's momma or daddy! Must stick to giving only objective suggestions and guidance, not falling into an unhealthy or co-dependent relationship.

13. SLIDE #8 - You, as the wiser one of the relationship, must be on the look out for signs that the relationship is becoming unhealthy. If you think it is, use the 3 Step Solution previously mentioned.

14. SLIDE #9 - Do NOT overcommit yourself! Maintain a healthy balance (to protect your own recovery as well).

15. SLIDE #10 - Pain, trials, and struggles are part of your sponsee's recovery journey. Don't rescue them and stand in the way of their recovery journey! Allow God to heal like He wants them to.

## **Field questions**

**Please fill out Review Form!**

**closing prayer**

