

SKIT 1 – HOW TO GET A SPONSOR – END OF MY ROPE

CHARACTERS: NEWER MEMBER; EXPERIENCED MEMBER; 3-4 RANDOM MEMBERS

PROPS: 2-4 FEET OF ROPE, *AL-ANON/ALATEEN SERVICE MANUAL (P-24/27)*, 7-8 CHAIRS

Skit begins with newer member entering, dejected and muttering. She sits down in a half-circle of chairs, waiting for a meeting with a rope coiled in her lap.

Experienced member enters.

Experienced member (sits in the chair farthest from newer member): Hello, Vickie! Haven't seen you in a while. How have you been?

Newer member: ARRRGH! I am at the end of my rope! I do the readings, I try to use the tools, and I get no relief from my racing mind! I keep thinking I have to DO SOMETHING, but I don't know what! Even the Serenity Prayer doesn't work! I keep trying to change the things I need to accept!

Experienced member: Wow. That sounds hard. I have been there. What does your Sponsor say about all that?

Newer member: Sponsor! I don't have the time to have a Sponsor. Why would I want to expose somebody else to my hot mess? Everybody has their own problems. Nobody needs to be burdened with mine.

Experienced member: Having a Sponsor helps me find solutions in my life through working my program. I choose another member who has worked the Steps, who keeps things confidential, and who helps me reason things out while using the tools and principles of our program. We talk, we study the literature, and we grow together. My Sponsor tells me all the time how our relationship is mutually beneficial to each of us in working our programs.

Newer member: That sounds nice, but I don't see how that can work for me.

Experienced member: Hey, are you willing to throw me the other end of the rope? Are you willing to trust me that far?

Newer member (considering): Why, what are you going to do with it?

Experienced member (chuckling): I can show you what worked for me.

Newer member thinks for a moment, then tosses one end of the rope to the experienced member.

Experienced member: Thank you for trusting me.

Experienced member (ties a knot at the end of the rope): One of my favorite readings in Conference Approved Literature is about how when we come to the end of our rope, we tie a knot and hang on.

Experienced member holds up the knot to show the newer member.

Newer member thinks for a moment. Then the newer member ties a knot in her end of the rope.

They smile at each other, connected by the rope.

The newer member gives gentle tugs and spins to the rope, and the experienced member plays along.

Experienced member: You want me to let go of the rope?

Newer member: No. Let's both hang on, okay?

Experienced member: Okay. Works for me.

3-4 random members (one member with the *Service Manual*) enter, chatting and saying hello to each other, and take a seat. No one pays any attention to the rope.

Newer member and experienced member settle into holding onto their end of the rope.

One of the random members with the *Service Manual* starts the meeting: We welcome you to the How It Works AI-Anon meeting and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

THE END