

SKIT 2 – HOW TO NEGOTIATE THE SPONSOR/SPONSEE RELATIONSHIP

CHARACTERS: SPONSOR, SPONSEE

They are sitting together at a table drinking coffee.

Sponsee: Thanks so much for meeting with me today, Cheryl. I really have no idea how this sponsorship thing works. Listening to you speak at meetings makes me think you are someone who can answer some of those questions for me and possibly be my Sponsor.

Sponsor: I'm so glad you've decided to look for a Sponsor, Mary, and I'm really happy you asked to meet with me today to talk about it. Getting a Sponsor is a great next step in your recovery. Why don't we just chat for a while and see how we're each feeling about working together? What are some of your concerns?

Sponsee: I don't know if there is a certain way to do this or not. First of all, I'm wondering about how often we'd meet and for how long. I'm glad we're at a café today. Is this where you'd like to keep meeting? What about in one of our homes once in a while?

Sponsor: Oh, there are lots of ways we could get together. It could be in person or over the phone, or maybe a text to just check in with each other. We could try and find a day and time that would work on a regular basis and see how that goes. We'd need to find ways that work for both of us and have some boundaries.

Sponsee: Those are all good ideas. I'd be willing to try a few of them and see what works best. What will we be doing when we meet? Just talking like we are today?

Sponsor: I think the Sponsor/sponsee relationship works better if we're a bit more structured than we are today. I would help you work the Steps using lots of Conference Approved Literature. I'd want you to be able to trust me enough to share honestly, and of course, we'd both be practicing confidentiality.

Sponsee: Thanks, Cheryl. Everything you've mentioned is making me feel that having a Sponsor would help me so much in my recovery. Are there other things that I should know that might be expected of me?

Sponsor: When I sponsor someone, there are a few things that they need to do in order for me to continue as their Sponsor. I'd expect you to attend Al-Anon meetings regularly and read Conference Approved Literature on your own, too. When a meeting is planned between the two of us, we should agree to be on time and not to cancel unless it's an unexpected emergency. Clear communication between us would be essential.

Sponsee: I'd really like to give this relationship a try, Cheryl. Your support and insight while I explore who I am, and hopefully become who I want to be, would be so beneficial. I feel comfortable sharing with you, and I would take our relationship seriously while I work on growing in the program.

Sponsor: I'm so glad, Mary. I'd love to be your Sponsor, and we'll work out all these details at our next meeting. How about we meet at the same time and same place next week? Does that work for you?

Sponsee: It sure does. Thank you so much for this. I understand much better now how the Sponsor/sponsee relationship needs to be agreed upon for it to succeed. And I'll certainly be open to making any changes as we go along.

Sponsor: As will I! Meeting today has been a real pleasure for me too, Mary. Here's to new growth for both of us! (They clink coffee cups.)