

SKIT 3 – CHALLENGES TO GETTING AND BEING A SPONSOR

SETTING: TWO AL-ANON MEMBERS HAVING COFFEE AFTER THE MEETING IN A LOCAL CAFÉ

PROPS: TABLE, COFFEE CUPS, ONE AL-ANON BOOK, TWO CHAIRS

Newer member: I just love these meetings! I feel like everyone is telling my story.

More experienced member: My story is the same, Susie, but nowhere else have I heard stories that focused on alcoholism as the root cause of my pain. I feel so profoundly grateful to Al-Anon.

New member: How long have you been coming?

More experienced member: Over 20 years, and I don't intend to ever stop.

Newer member: I've heard it's important to get a Sponsor. I just can't ask anyone to do that for me. It's too much and I have had such bad experiences sharing things with people before I came to Al-Anon. I've walked away feeling like I said too much and felt shame and humiliation. I'm already in a ton of pain and can't risk it.

More experienced member: When you choose a Sponsor, you two can decide to check in with each other about how it's going and decide before you make a final commitment. And the Sponsor/sponsee relationship is not always permanent. Often, as people grow in the program or their life circumstances change, they make a change and get another Sponsor. Recovery is a journey, not a destination.

Newer member: In the past when I've shared confidential information with a friend, it hasn't been kept confidential. Do I have a guarantee of privacy?

More experienced member: In this program, people keep confidences. We care about our own recovery and take it very seriously. Anonymity is the spiritual foundation of all of our Traditions, as it says in our Twelfth Tradition. I urge you to bring that up if ask someone to be your Sponsor. Open and honest communication is always the key.

Newer member: I like to feel like I'm in control, you know. And I'm not sure being in another close relationship will be good for me. Look at how my life is right now. It's unpredictable, a disappointment, and I feel so alone. And I don't want to look at all the pain I'm in.

More experienced member: This is a relationship with another member who will listen, support, and give you kindness and understanding. And you get to decide with your Sponsor how this will work for you.

Newer member: Could *you* be my Sponsor?

More experienced member: I can't, but I am deeply honored and would have so loved to have worked with you. Learning to set limits on *myself* has been an important step in my journey. I certainly am willing to take a program call from you from time to time and look forward to getting to know you. I trust that your Higher Power will lead you right to the person you need.

Newer member: Thank you for your time here today. I hope I wasn't too much of a burden.

More experienced member: You are most certainly *not* a burden. Sponsoring is a privilege. I always get so much when I take a program call or visit with a fellow member. And today you have reminded me why sponsorship can be a big step. It has its challenges, and isn't the easiest thing to risk, but it's worth it! Just like you!

THE END