

# SKIT 5 - I WANT TO BE A PERSONAL AND/OR SERVICE SPONSOR

**CAST: EXPERIENCED MEMBER – (BEEN IN AL-ANON AWHILE), NEWER MEMBER: SOMEONE NEW TO AL-ANON READY TO BE SPONSORED**  
**PROPS: CELL PHONE AND/OR DESK**

**We open with Experienced Member working at her desk. The phone rings.**

**Experienced Member:** Hello?

**Newer Member:** Hello, Experienced Member, this is Newer Member. I've been attending Al-Anon meetings for a while now, and at each meeting it is suggested that members get a Sponsor. I have had a Sponsor for a while now, and my program has grown a lot. I've been thinking about, that and I have some questions; do you have a few minutes to talk?

**Experienced Member:** I'd love to talk with you, Newer Member; do you think you might be ready and willing to be a Sponsor?

**Newer Member:** My anxiety and hopelessness have changed a lot. My loved ones have told me that I am different now—happier and more confident. I think I'm ready to give back to this program. So how do I become a Sponsor?

**Experienced Member:** All Sponsors "wait to be asked," because we realize a new member needs the willingness to reach out for help. Your Higher Power can guide you.

**Newer Member:** Am I obligated if asked?

**Experienced Member:** If you feel comfortable, say yes. If not, or if your schedule doesn't work, say so with kindness and tact.

**Newer Member:** My Sponsor and I were meeting once a week and making frequent phone calls. Is that what is supposed to happen?

**Experienced Member:** There is no *one* best technique for sponsorship. It is helpful in the beginning to talk about your schedules and decide how often to meet and what each of you expects to accomplish. Keep in mind, a relationship is built on equality, anonymity, confidence, and trust. I found answers to this and potentially other questions in *Sponsorship: What's It's All About*. **(Holds up pamphlet P-31)**

**Newer Member:** What is my role as a personal Sponsor?

**Experienced Member (reading from the pamphlet):** “A Sponsor gives understanding without pity, an open ear that does not judge...A Sponsor listens for the things left unsaid, things not easily talked about.”

**Newer Member:** How much time does being a Sponsor require?

**Experienced Member:** Guiding the sponsee through the Steps, encouraging communication with other members, and helping them learn to use the tools of the program. The two of you will decide how much time each meeting should last.

**Newer Member:** What if the sponsee shares things that are embarrassing?

**Experienced Member (reading from the pamphlet):** The sponsee should feel comfortable enough to “discuss personal problems or questions” that might not be suitable to share in an AI-Anon meeting.

**Newer Member:** What if we need to end the relationship?

**Experienced Member:** The *Sponsorship* Bookmark (M-78) says, “It is important to recognize that relationships sometimes change as we grow in AI-Anon.” It is suggested that communication about ending be loving, clear, and direct. “Sponsorship is not a lifelong commitment; letting go is not a sign of failure,” but you may find an opportunity for self-discovery; sponsorship is not a teacher-pupil relationship.

**Newer Member:** How is it different to be a Service Sponsor?

**Experienced Member:** The responsibilities are similar. The *Service Sponsorship: Working Smarter Not Harder* pamphlet (P-88) says that in service sponsorship, you’ll “guide them in applying the Traditions and Concepts.” You might accompany them to service events and, if questions or conflicts occur, refer to our *Service Manual* (P-24/27) for guidance. Doing service builds teamwork and is more fun than talking about a problem alone.

**Newer Member:** That’s a lot to consider, but I think I’m ready.

**Experienced Member:** I’m happy to hear you say that. By helping others, you will find an opportunity for growth that will strengthen your own journey through the Legacies. The sponsee will have an opportunity to learn about service and its part in recovery, as well as learning to be vulnerable, open, and honest and to trust another. Sponsorship “is a gift and it is contagious.” (P-31)