

Step 2 - Came to believe that a power greater than ourselves could restore me to sanity

2F Sponsorship

This is for those who do not have a sponsor yet.

What are my feelings about authority? or my parents?

How do I feel about telling a sponsor my sexual activities? What are my feelings about breaking all my secrets to someone in the group?

What is my experience with mentors or advisors?

If a relationship with a sponsor is supposed to be a healthy relationship, what kinds of things would need to be different in this relationship from previous relationships?

Do I know any people in the program with more sobriety or time in the program than I have? Pick one. What attributes does that person have that I would like to have?

Can I make the step to ask that person to be a sponsor? What is keeping me from asking?

Many people start with only a “temporary sponsor”. That is someone I ask to sponsor me for a month or so. What is keeping me from asking someone this week to be a temporary sponsor?