

You're Sober - Now What?
Living the Traditions in Relationships
QUESTIONS I ASK MYSELF ABOUT TRADITION EIGHT

Rena K., Punta Gorda, FL

This is not Alcoholics Anonymous approved. This is not AA. This is strictly my personal observation: it's nice to have something to refer back to if there is a problem with communication about expectations.

In my experience, I've asked only three people to sign it. With one of these women, I was really glad we could refer to the contract! Please take this "Contract" and ignore it, change it, delete it - just don't tell me how wrong I am to even think of it!"
You get the idea!

SPONSORSHIP CONTRACT
WHAT I AM WILLING TO DO AS YOUR SPONSOR

I will encourage you to learn about and accept alcoholism as a disease.

I will guide you through the 12 steps of Alcoholics Anonymous.

I will never do for you what you can do for yourself.

I won't ask you to do anything I'm not doing myself, or I'm not willing to do

I will be honest with you at all times.

I will be committed to your recovery.

I will help you develop a program for living and working with the God of your understanding - not mine.

WHAT I AM WILLING TO DO AS YOUR SPONSOR

I will offer you love, understanding, encouragement, and patience with the help of the God of my understanding.

Although I regularly talk with my sponsor and ask for her guidance in sponsoring, I will never talk about you or divulge anything we've discussed with *anyone else*.

You may cancel this contract at any time.

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If I don't hear from you over a reasonable period of time, I will consider that you have canceled the contract, but I will notify you to verify.

Signed _____ Date _____

WHAT I REQUIRE FROM YOU

You will attend a Big Book or Step Study Group if available.

You will start practicing the principles of the 12 Steps in all your affairs - in and out of AA meetings.

You will have regular contact with me - eyeball-to-eyeball, phone, or Zoom contact once a week or whatever time frame we mutually agree upon.

You will be responsible for telling me what's happening with you - I am not a mind reader.

You will regularly attend AA meetings - at least once a week at a meeting I attend if possible.

You will complete assignments in a timely fashion - wanting to do them has nothing to do with doing them.

WHAT I REQUIRE FROM YOU

You will practice HONESTY, OPEN-MINDEDNESS, AND WILLINGNESS - the keys to recovery.

You will have a home group and be active- go early, stay late, and help by setting up, cleaning up, or making coffee. You will attend business meetings at your home group.

You may cancel this Contract at any time.

Signed _____ Date _____