

How to Find a Sponsor

Find a Sponsor Who Supports Your Participation In Our Program.

Take Action Steps To Find a Sponsor

1. Do not give up, even if you feel like giving up.
2. Fight for your recovery and your Program because you are the best person to do this.
3. Keep searching until the right sponsor shows up.
4. Realize it might take time.
5. Put in the hard work needed to find a sponsor. "Pound the pavement."
6. **Get a temporary sponsor.** They might become your permanent sponsor.
7. **Look for a sponsor who supports your participation in the How to Live In Recovery Program.**

Contact: Email or Phone

1. Go to the website of your 12-step program and then go to the section on finding a meeting.
2. That list of meeting may have contact people from each meeting.
3. Phone or email those people to ask for help in finding a sponsor.

Meetings

1. Ask everyone at your weekly meetings for help finding a sponsor.
2. Do not wait until someone says they are available.

Outreach Calls

1. **Ask everyone on your outreach calls if they are available to sponsor or if they know of anyone.**
2. Ask everyone on your outreach calls to ask their sponsor if they know of anyone available to sponsor.
3. Look for the following:
 - a) Names and numbers of sponsors who allow doctor prescribed anti-depressant medications.
 - b) People they know who are sponsors.
 - c) People they like to talk to from meetings.
 - d) People who qualify at your meetings.
4. Explain that you would like to do a How to Live in Recovery Group to help you get out of relapse and ask them if they would sponsor you and give you the grace to do this for 10 week.

Finally

The HLR does not keep a list of available sponsors but, if you have not found a sponsor **AFTER DOING ALL** the above suggestions, contact us via our website: www.howtogetabstinent.org