



## Co-Dependents Anonymous Twelve Tips for Sponsors

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1. You are powerless over your sponsee and your sponsee's life is unmanageable by you. Neither of you would be in CoDA if you didn't have problems with codependency.
2. You aren't in charge; your sponsee's Higher Power is. Believe that a power greater than either one of you can restore your sponsee to sanity.
3. Make a decision at the beginning of your relationship with your sponsee to turn the sponsee's will and life over to the care of a power greater than either one of you.
4. Be honest with yourself about your relationship with your sponsee. This is a great opportunity to observe your own behaviour in a relationship.
5. Admit to your Higher Power, yourself, and your own sponsor when you don't know what to do.
6. Be ready to change things that aren't working: your schedule, the literature you work with, the response you give when your sponsee keeps bringing up the same problems.
7. Before meeting with your sponsee, you might find it helpful to say a prayer such as this: "Higher Power, use me to say whatever it is you want my sponsee to hear today".
8. It is alright to make mistakes. You are not in charge of your sponsee's recovery; your sponsee's Higher Power is.
9. If you feel you have given a bad direction or suggestion, let the sponsee know.
10. It is alright if the relationship doesn't last. You may realize after a while that you are not able to work with a particular sponsee for whatever reason.
11. Seek through prayer and meditation to understand your Higher Power's will for you in your role as sponsor. Pray for the power to carry out that role.
12. Remember that you are carrying the message of recovery, nothing else. Take satisfaction from any sponsee who comes to understand and believe in the CoDA program of recovery.

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