Choosing Your Sponsor

You would have heard a lot of discussion in Cocaine Anonymous about the Twelve Steps, finding a Power greater than yourself, and getting a sponsor. If you are new to recovery, these things may seem unfamiliar or overwhelming at first.

This is one of the reasons sponsorship is so important. A sponsor is someone who can offer support, answer questions about the C.A. programme of recovery, and help you navigate your journey in sobriety. Whether you attend meetings in person or online, having someone to guide and encourage you can make a huge difference.

A sponsor can introduce you to other members of the Fellowship, help you become involved in service, and encourage participation in meetings and online recovery communities. These connections are often vital to building a strong foundation for long-term recovery.

Many of us have found that one-to-one support makes recovery less overwhelming. Sharing our struggles, fears, and successes with someone who understands can reduce feelings of isolation and help us learn how to live clean and sober one day at a time.

A sponsor is a recovering addict who shares their experience, strength, and hope, and who guides us through the Twelve Steps of Cocaine Anonymous. Their primary qualification is their own recovery experience and willingness to share it with others.

The Steps can seem confusing at first, but a sponsor can help explain them and demonstrate how they apply in everyday life. Through sponsorship, many of us learn a new way of living and develop a deeper relationship with a Higher Power of our own understanding.

Sponsorship can take many forms. While some sponsors and sponsees meet face-to-face, many successful sponsorship relationships are built through telephone calls, video meetings, messaging apps, and online recovery platforms.

Online meetings have made sponsorship more accessible than ever before. Members can connect with potential sponsors from different towns, regions, and even countries. This allows us to find someone whose recovery we identify with, regardless of geographical location.

What matters most is not where the sponsor lives, but their willingness to share their recovery experience and maintain regular contact.

There are no strict rules regarding sponsorship in C.A., but there are some suggestions that many members have found helpful.

Experience has shown that it can be beneficial to choose a sponsor where the relationship is less likely to become complicated by romantic or sexual attraction. Many members choose sponsors of the same gender, while others make choices based on their own circumstances and what supports their recovery best.

The most important consideration is finding someone whose recovery you respect and whose approach to the programme you would like to follow.

Sponsors also have families, jobs, and personal commitments, so there may be times when they are unavailable. When this happens, do not isolate yourself.

Attend another meeting, join an online meeting, contact other recovering addicts, read C.A. literature, or reach out through your local helpline. Recovery is built on connection, and help is often only a phone call or online meeting away.

Keep a list of recovery contacts readily available and use it. Our programme is based on one addict helping another, but we must be willing to reach out.

Many members continue regular contact with their sponsor regardless of how much clean time they have. Recovery is maintained through continued action, and sponsorship helps us stay connected to the principles of the programme.

Remember that choosing a sponsor does not have to be a lifelong commitment. Some members keep the same sponsor throughout their recovery, while others change sponsors as their needs evolve.

The important thing is to take the initiative and ask.

It is never too early or too late to get a sponsor. Whether you are new to recovery or have been trying to do it alone for some time, sponsorship is available to anyone who wants it.

We encourage you not to delay. Reach out, ask for help, and allow another recovering addict to share what has been freely given to them. In doing so, you may discover that sponsorship benefits both sponsor and sponsee alike, because we keep what we have by giving it away.

For the full C.A version of the pamphlet follow the link below:

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