

A SPONSORSHIP GUIDE

"Just as my 12-step program helped me organize and simplify my life, this guide dramatically helped me to organize and simplify my sponsorship methods."—G.A.

FOR 12-STEP PROGRAMS

THE ONLY BOOK AVAILABLE THAT
DEALS WITH THE ISSUES AND
DETERMINES WHAT TO DO WHEN
ANYONE AGREES TO BE A SPONSOR

M.T.

Sponsorship Guide For 12 Step Programs

Bart Manning



Sponsorship Guide For 12 Step Programs:

A Sponsorship Guide for 12-Step Programs M. T.,2013-10-08 A Sponsorship Guide for 12 Step Programs offers the reader far ranging suggestions based on concrete experience for the most common issues and dilemmas that arise when one agrees to become a sponsor in any 12 step program Seventeen sponsors with collective recovery time of over 250 years share their experience and insights as they describe common situations sponsors face and relate the solutions they used This is the first book of its kind for sponsors by sponsors Divided into three main sections Sponsorship Basics Working the Steps with a Sponsee and Common issues that Come Up this book will be of use to anyone who has agreed to be a sponsor or anyone who does not have access to a sponsor A Sponsorship Guide is like having a sponsor in a book *Twelve Step Sponsorship* Hamilton B.,2009-09-29 Twelve Step Sponsorship is the first truly comprehensive look at sponsorship a role recovering people benefit from both as sponsees and ultimately as sponsors Sponsorship is a rich and enduring part of tradition of Alcoholics Anonymous Twelve Step Sponsorship delivers both the theory and practice how to do it and why in a clear step by step presentation Written by the author of Getting Started in AA a widely acclaimed guide for the newcomer to the program of AA Twelve Step Sponsorship is the first truly comprehensive look at sponsorship a role recovering people benefit from both as sponsees and ultimately as sponsors Twelve Step Sponsorship includes informative sections that deal with finding a sponsor and being a sponsor Twelve Step Sponsorship offers a welcome reinforcement to the tradition of passing it on from one generation of sponsors to the next *A Sponsorship Guide for All Twelve-Step Programs* M. T.,1995 **Carry This Message** Joe McQ,2015-01-01 Having had a spiritual awakening as the result of these Steps we tried to carry this message to others and to practice these principles in all our affairs STEP 12 of the TWELVE STEPS Sponsorship is a key construct in AA and other Twelve Step groups and the twelfth step is the foundation of the sponsorship dynamic essential to recover both for the sponsor and the sponsoree This book addresses the concern of many in the AA community that sponsors have lost some skills in working with alcoholics By offering tools for helping others find recovery and new life through the Twelve Step program Joe McQ has created a guide for sponsors to use in working with others By refocusing his readers on the Big Book the Twelve Steps and their message McQ appeals for a return to the roots and essence of the AA program Moreover he issues a strong call to action for return to the fullness and the integrity of the miraculous recovery program **The Sponsorship Guide** Robbie Walker,2016-07-25 The Sponsorship Guide has been created for sponsors in all 12 step programs It has been designed as a working tool for a sponsor to utilize with their newcomers It is laid out in a simple concise and thorough manner Its main object is to help a sponsor build a working relationship with the newcomer by taking them through the twelve steps of recovery It s author is a well known member of the recovery community who speaks at conventions leads men s and women s spiritual retreats takes rehabilitation clients and sober house clients through the 12 steps and is well respected amongst his peers Robbie felt as though a twelve step guide such as this was dearly needed in the

recovery community So Robbie while on the road in Hotel Rooms and on flights to and from his speaking engagements created this remarkable and simple book to help others Originally he had only planned to utilize it in his retreats until a Nun at one of his retreats TOLD HIM to author a book He knew he needed to listen to her Robbie had noticed during his recovery that many members of twelve step fellowships utilized certain tools of recovery such as sponsorship meetings and fellowship However many fell drastically short of participating in the actual intense and introspective taking of their twelve steps with an informed sponsor who has been through the process That is exactly why he created this book Robbie realized over the last three decades of his personal recovery journey the absolute need for the person in recovery to find a program of action if they were to live a peaceful contented and successful life Group therapy while extremely helpful to many does not in his experience hold enough depth and weight to sustain a bountiful and long term recovery for the sufferer Nothing short of continuous action on the twelve steps with the help of a sponsor has the ability to sustain a newcomer s attention Once we get their attention by wal

Clinical Management of Sex Addiction Patrick Carnes, Kenneth M. Adams, 2013-06-17 This is the first comprehensive volume of the clinical management of sex addiction Collecting the work of 28 leaders in this emerging field the editors provide a long needed primary text about how to approach treatment with these challenging patients The book serves as an excellent introduction for professionals new to the field as well as serving as a useful reference tool The contributors are literally the pioneers of one of the last frontiers of addiction medicine and sex therapy With a growing awareness of sex addiction as a problem plus the advent of cybersex compulsion professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation This is the first book distilling the experience of the leaders in this emerging field With a focus on special populations it also becomes a handy problem solving tool Readable concise and filled with useful interventions it is a key text for a problem clinicians must be able to identify It is destined to be a classic reference

The Sponsor's 12 Step Manual: a Guide to Teaching and Learning the Program of AA John E, 2012-04-29 A Guide to teaching the 12 Steps The Sponsor s 12 Step Manual is an independent approach to delivering the program of A A that will help people learn faster and remember more The manual uses a six point method of teaching to reinforce learning and to increase comprehension and promote awareness of the Steps to its fullest extent The process starts with understanding the language used in the Steps and progresses on to an in depth study of what is in the literature and how it applies to an individual The six levels also cover self reflection and creativity with the final level of each Step looking at how a sponsee may carry the message to a newcomer This is not a stand alone book for it to work you will also need to have access to A A s Big Book and The 12 Steps and 12 Traditions Now available in a NEW WORKBOOK EDITION

Being Sober For Life: A Practical Guide to Overcoming Addiction and Staying Clean Bart Manning, 2025-02-12 Break Free Stay Strong Live Fully Addiction can feel like a never ending cycle but recovery is possible and lasting sobriety is within your reach Being Sober For Life is more than just a guide to quitting it s a roadmap to reclaiming your life rebuilding your

confidence and creating a future you're proud of. Written in a straightforward, no-nonsense style, this book gives you practical, actionable strategies to break free from addiction, manage triggers, and build a life filled with purpose, resilience, and joy. Whether you're newly sober, struggling with relapse, or years into recovery, this book will help you stay committed to your journey, one day at a time. Inside this book, you'll discover why addiction happens and how it rewires your brain, and what you can do to take back control. How to mentally and emotionally prepare for sobriety so that quitting doesn't feel impossible. The first 30 days of sobriety: what to expect, how to handle cravings, and how to set yourself up for success. How to manage stress, emotions, and relationships without turning to substances. The power of routines, habits, and purpose: how to create a life that supports your sobriety. How to prevent relapse and what to do if it happens so that one mistake doesn't take you back to square one. No matter where you are in your journey, *Being Sober For Life* will give you the tools, mindset, and motivation to not only stay sober but to thrive in sobriety. This is your chance to break free, move forward, and build the life you deserve. Your past does not define you; your future starts today.

Integrating the 12 Steps into Addiction Therapy James R.

Finley, 2004-10-20. All the resources needed to fully integrate a 12-step approach as part of your overall treatment program. Millions of Americans have at some time in their lives participated in a 12-step program for treatment of a chemical or non-chemical addiction. Clinicians recognize that these grass roots efforts have a very high cure rate. However, little has been written on how to integrate these programs into a traditional therapy setting. *Integrating the 12 Steps into Addiction Therapy* serves as an indispensable resource for clinicians treating addiction patients who are simultaneously enrolled in 12-step programs. This valuable text contains eight lesson plans and twenty-seven assignments. It integrates in-depth discussion of 12-step programs with hands-on resources like homework assignments, treatment plan examples, and patient handouts. It will also benefit 12-step program peer counselors. Includes companion CD-ROM with fully customizable homework assignments, lesson plans, and presentations. Treating addictions, whether chemical or non-chemical, can be one of the most difficult challenges faced by mental health professionals. For many people, 12-step programs have played a critical role in helping them to manage their addictive behaviors. *Integrating the 12 Steps into Addiction Therapy* gives psychologists, therapists, counselors, social workers, and clinicians the tools and resources they need to fully utilize these peer therapy program techniques in treating a wide variety of addictions.

The Oxford Handbook of Adolescent Substance Abuse Robert A. Zucker, Sandra A.

Brown, 2019-08-01. Adolescent substance abuse is the nation's 1st public health problem. It originates out of a developmental era where experimentation with the world is increasingly taking place and where major changes in physical self and social relationships are taking place. These changes cannot be understood by any one discipline, nor can they be described by focusing only on the behavioral and social problems of this age period, the characteristics of normal development, or the pharmacology and addictive potential of specific drugs. They require knowledge of the brain's systems of reward and control, genetics, psychopharmacology, personality, child development, psychopathology, family dynamics, peer group relationships,

culture social policy and more Drawing on the expertise of the leading researchers in this field this Handbook provides the most comprehensive summarization of current knowledge about adolescent substance abuse The Handbook is organized into eight sections covering the literature on the developmental context of this life period the epidemiology of adolescent use and abuse similarities and differences in use addictive potential and consequences of use for different drugs etiology and course as characterized at different levels of mechanistic analysis ranging from the genetic and neural to the behavioural and social Two sections cover the clinical ramifications of abuse and prevention and intervention strategies to most effectively deal with these problems The Handbook s last section addresses the role of social policy in framing the problem in addressing it and explores its potential role in alleviating it

The Sponsor's 12 Step Manual John E, 2013-06-20 New Edition This is the Workbook Edition of The Sponsor s 12 Step Manual A independent Guide to Teaching and Learning the Program of A A in which additional space has been added for writing answers This means that a person can keep a record of work completed directly within the pages of this book Ideal to work through with a sponsee or by yourself The guide applies established educational techniques to developing an understanding of the 12 Steps of Alcoholics Anonymous This process leads to a structure that progressively improves a person s knowledge and understanding of each of the steps examined An earlier version has been used with groups in treatment facilities in a classroom situation and some people have set up home groups and met together using the earlier version as the basis for the meeting The feedback has been very positive with people continuing to start other groups and the book being used as a tool to teach the Steps Now being used in five prisons This is not a stand alone book for it to work you will also need to have access to A A s Big Book and The 12 Steps and 12 Traditions

Loving At the Edge: Recovery Emerging Suzanne L. Noel, CFT, *The Library Journal* ,1998 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *Library Journal* ,1998 **The Publishers Weekly** ,2002 [Small Press](#) ,1995

Questions on Sponsorship Nar-Anon FGH, Inc, 2015-07-20 An information guide for sponsors and sponsees **Family Recovery and Substance Abuse** Joseph K. Nowinski, 1999 This book details a structured research based approach to working with the significant others of substance abusers The approach called Unilateral Family Therapy offers partners and family members hope not only of improving their own mental health but also teaches how to restructure their relationship to the substance abuser in ways which could enhance the substance abuser s motivation to change and lead him or her to treatment **Book Review Index** ,2003 Vols 8 10 of the 1965 1984 master cumulation constitute a title index **Net Guide** Peter Rutten, Albert F. Bayers, Kelly Maloni, 1994 Twenty million people are currently online and this book will be their TV Guide Lively easy access format with helpful graphics and a unique rating system enables users to save time and money by prescreening their options Covers 60 000 bulletin boards 9 000 networks 500 libraries and all commercial services

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