Sponsor and Sponsee: First Conversation

> *"Ponder for a long time whether you shall admit a given person to your friendship; but when you have decided to admit him, welcome him with all your heart and soul. Speak as boldly with him as with yourself."*
>
> Seneca, Letters 3 (tr. Gummere)

Fill this in together. There are no right answers; the point is that both of you know what to expect. Revisit it after a month. Either of you can change it, and either of you can end it.

How and when to get in touch

Calls, texts, times that work, times that do not.

If you can't reach me

Other members, a meeting, a helpline.

What I hope for from you

What you can expect from me

How we will work the Steps (or other programme)

If I slip

What I will do, what you will do. Honesty first.

If it isn't working

Either of us can say so, and finding another sponsor is fine.

When to get professional help

Withdrawal, crisis, safety, mental health.

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)