



Identifying HELPERS

Background:

In 12 Step Programs, individuals are recommended to obtain a **sponsor**, which is a person of the same sex, who has successfully worked the 12 Step program to the degree where they are qualified to help someone else work the Steps effectively.

If you can get a sponsor that can be highly effective.

Questions for consideration:

- Do you or does someone you know have a sponsor?

- Did you ever have a sponsor in the past?

- If you did have a sponsor what was it like? (Was it a positive experience?)

An Alternative – Finding Helpers:

A **helper** is like a sponsor but the rules are a lot less strict, making them much easier to find. A helper is simply anyone who can supportively guide someone through the change process. There are no restrictions on sex, age, or experience when it comes to someone being a good helper. You can have more than one helper at a time.

A helper has to be someone who is:

- Willing to help you. (He or she should care enough about you that if you asked for their help they would agree to help and –

- Able to help you (He or she is stable* enough and wise enough to provide valuable support and guidance.
*For example you don't want to select someone whose current problems are even worse than yours!)

QUESTION FOR CONSIDERATION – Can you think of anyone who may be willing and able to help you with your personal change process? List below:

1.

2. (Optional)

3. (Optional)



Qualities of a Good Helper: Choose one of the helpers you just wrote down and check below if that person seems to possess some of these important qualities:

___ Patient

___ Caring

___ Empathetic (Understanding)

___ Non-Judgmental

___ Reliable

___ Trustworthy

___ Loyal

___ Stable

Can you think of any other positive qualities of your helper? List them below and discuss:

1.

2.

3.

4.

5.

Plan – What is your plan to recruit your helper(s) as soon as possible? Write your plan below and be as specific as possible:

For example: *“Friday after work I am going to go over my Uncle Tim’s house and tell him I am working on kicking my cocaine habit and I will ask him to be my helper because he has always been there for me in the past”*

Write your helper recruitment plan here:
