**SPONSORSHIP AGREEMENT**

 This Agreement is being entered into on this the \_\_\_ day of January, 2023, by and between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (or “sponsored party”) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (or “Sponsor”). This agreement shall be binding upon both parties once executed.

1. **Purpose of this Agreement**

The habits people use to maintain an addiction can ruin relationships, careers and lives. Throughout recovery you will be surrounded by people you have lied to, betrayed, or damaged in some way. The purpose of a sponsor is to provide you support from another individual in recovery who has been through what you are going through now.

A sponsor is a recovery guide and mentor, but most of all, an accountability partner. The relationship between a sponsor and the sponsored party is crucial for strong and consistent recovery. However, it is important that both parties understand their respective roles and what is expected of each other.

The following is an outline of the roles and obligations of each party to this agreement:

1. **The Sponsored Party**

As the sponsored party, you are expected to:

1. Be willing and open to advice (no matter how blunt or critical) and to change your behavior based on suggestions of your sponsor.
2. Continue to achieve progressive victory over lust and abstain from any form of addictive sexual behavior.
3. Be *rigorously honest* with your sponsor at all times. Remember, your sponsor has been where you are and understands the challenges of recovery. This is a judgment-free relationship and the only way it works is through complete honesty.
4. Check-in on a nightly basis by text message, unless unusual or challenging issues arise that are more appropriately discussed by telephone. Your check-in should include a discussion of any accountabilities, triggers, negative emotions or strong feelings of lust.
5. Attend at least two twelve-step meetings per week until negotiated otherwise.
6. Create a list of daily recovery activities and do them every day. If you need help with this, your sponsor can provide you with some suggestions.
7. Consistently work the twelve steps.
8. Continue to work with a therapist as your therapist sees fit.
9. At any point in time, if you feel strongly that you want to act out or you are susceptible to a slip or relapse, you must get up and leave your present location and immediately call your sponsor. If your sponsor is unavailable, you must call other people in your support group. If you don’t have a recovery support group, you get to create one.
10. If you “slip,” you must report it to your sponsor within 12 hours, upon which you and your sponsor will discuss a post-slip plan of action.
11. Be fully and consistently accountable to your sponsor. I can’t help you if you’re not willing to be accountable.
12. If needed, one phone call per week to you sponsor to discuss your recovery status and progress on the 12 Steps in detail. Sunday afternoons or evening usually work best.
13. **The Sponsor**

As your sponsor, I agree to the following:

1. I will read every check-in message I receive. I might not respond to every message, but you can be assured that I have read them. If you need a response to your message, please state so in the text.
2. I will answer my phone whenever possible. If I am unavailable, I will call you back as soon as possible.
3. I will make my best effort to hold you accountable.
4. I will provide advice based on my own experience and knowledge, with the understanding that I am not an expert in recovery or life. I’m just another dude who has achieved some level of sobriety and have maintained healthy recovery for a period of time.

If, at any point, the Sponsor feels that continued sponsorship is no longer in his or the sponsored party’s best interest, he can terminate this agreement. Being dishonest, willful or consistently failing to be accountable are all grounds for termination of this agreement.

By signing this agreement, the sponsored party is in no way limited to one sponsor only. In fact, it may serve you to have multiple sponsors in case your primary sponsor is unavailable.

Agreed and signed this \_\_\_\_\_\_\_\_ day of January \_\_\_\_\_\_\_\_\_\_, 2023

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Sponsee

Dated:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sponsor