

Workbook for Workshop

THE SECRETS OF SPONSORSHIP

At the end of this CEA-HOW Sponsorship Workshop, you will know:

- ☐ The Top 10 Characteristics of a Good Sponsor

- ☐ The Top 10 Recommended Resources for Sponsors

- ☐ The Top 10 Guidelines for 12-Step Meeting Etiquette

- ☐ The Top 10 Most Important Things to Pass On as a Sponsor

“Our primary purpose is to abstain from compulsive eating and to carry the message of recovery to those who still suffer.”

RECOMMENDED RESOURCES FOR SPONSORS
THE TOP 10
Pieces of Literature (CEA-HOW Conference Approved)

Q: How can I use these pieces of literature to carry the message of recovery to my sponsees?

1. CEA-HOW Sponsor Guidelines, pp. 1-5
2. The Big Book of *Alcoholics Anonymous*, Chapter 7, “Working with Others”
3. *Twelve Steps and Twelve Traditions*, “Step 12”
4. CEA-HOW *Forever Abstinent Food Plan*
5. “The 7 Tools of Recovery”
6. “The CEA-HOW Concept”
7. *As Bill Sees It*
8. *Came to Believe*
9. CEA-HOW pamphlets (e.g., “To the Newcomer,” “What is a Food Addiction?” etc.)
10. The CEA-HOW Website (www.ceahow.org)

Recommended Resources for Sponsors

THE TOP 10

Personal Resources of Sponsors

Q: How can I use these resources to carry the message of recovery to my sponsees?

1. MY HIGHER POWER!

2. The wisdom and experience of my CEA-HOW sponsor and his/her sponsor

3. The experience, strength, and hope of other recovering members of the CEA-HOW Fellowship:

4. My own Experience, Strength and Hope (ES&H) overcoming character defects:

- Defiance Obstinacy Self-Seeking
- Grandiosity Laziness Rationalization
- Fear Self-Centeredness Justification
- Self-Pity Procrastination Isolation
- Resentment Over-commitment Inconsideration
- Self-Delusion Perfectionism Hurtfulness
- Uniqueness Dishonesty "I'm cured" Syndrome
- Selfishness Self-Will

5. My own ES&H Working the 7 Tools:

Abstinence, Reading, Writing, Anonymity, Sponsorship, Service, Phone Calls, Meetings

6. My own ES&H Relying on Program Sayings:

"One Day at a Time," "Easy Does it," "First Things First," etc.

7. My own ES&H Referencing CEA-HOW Approved Literature (see pg. 2)

8. My own ES&H Using Prayer & Practicing Meditation (See 12 & 12, Step 11)

9. My own ES&H Using Structure and Exercising Discipline

10. My own ES&H Practicing the Principles of the 12 Steps and 12 Traditions in All Areas of My Life

Guidelines for 12-Step Meeting Etiquette
THE TOP 10
Ways to Give Service at Meetings

1. Come to meetings on time (or better: arrive early and leave late).
2. Help with set-up before the meeting (chairs, literature, beverages, etc.).
3. Greet and welcome all newcomers and returnees as they come in.
4. Be quiet when a member is reading or sharing.
5. Accept invitations to read, lead, speak, or share (per abstinence requirements).
6. Volunteer to call the newcomers; get their contact information before they leave the meeting.
7. Volunteer for a service position immediately (many require little or no abstinence).
8. Help with clean-up after the meeting (chairs, literature, trash, coffee, etc.).
9. Greet and assist the newcomers and returnees in getting program materials and/or a sponsor.
10. Go to fellowship after the meeting: **INVITE EVERYONE!!!**

THE TOP 10

Most Important Things to Pass On As a Sponsor

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

(Workbook taken from CEA-HOW 2007 San Juan Capistrano Retreat, Workshop)