A Sponsor’s Toolbox – Getting a Newcomer Started and Through Steps 1-3

Relevant Materials

1. Pamphlet - Where Do I Start? Go through paragraph by paragraph with sponsee
2. Pamphlet - A Guide for Sponsors (includes 30 questions)

3. Pamphlet - Sponsoring Through the Steps (includes questions for all the steps)

4. AA Big Book

5. OA 12&12

6. OA 12&12 Workbook

7. OA 12 Step Workshop and Study Guide

8. Newcomer’s Orientation Video on oahelps.org (not produced by OA)

9. Breaking out of Relapse Video on oa.org

10. 15 Questions (included in Where Do I Start pamphlet)

11. Developing a Plan of Eating – (3 column exercise handout – not OA literature)

12. Slip Inventory (handout – not OA literature)

13. Sponsor Training Podcasts (9 part series on oa.org)

*Part 1. What is a sponsor?*

*Part 2. Why should you get a sponsor, and how can you get a sponsor?*

*Part 3. Why be a sponsor? Why be a sponsee?*

*Part 4 When can you start sponsoring? When can you start being sponsored?*

*Part 5. What are the sponsorship job descriptions – from sponsor to sponsee and back?*

*Part 6. How can you break down the barriers for both parties?*

*Part 7. What are some different sponsor styles.*

*Part 8. How do you work the 12 steps with a sponsee?*

*Part 9. How do you work the 12 traditions with a sponsee?*

**First Things First**: Before doing anything, a new sponsor needs to study the OA pamphlets: *A Guide for Sponsors*, *Where Do I Start, OA’s Fifteen Questions,* and *Sponsoring Through the Twelve Steps*