

## Helpful characteristics to look for in an A.A. or NA sponsor

A person who has been in recovery with complete abstinence  
for the past three years or more,

Usually someone of the same gender,

Someone who has the time to meet with you individually and weekly  
(is not sponsoring so many other people that he or she is clearly overloaded),

Someone you can relate to,

Someone who is known by the recovery community, has a positive reputation,  
and is active in A.A./NA,

Someone who impresses you with a capacity to share his or her wisdom,  
to tell you the truth when you need it,  
and to confront you when it is appropriate,

Someone who knows how to set limits and respect interpersonal boundaries  
(does not try to control your life, does not lose focus on recovery  
if you are out of focus,  
allows you to make your own decisions and behavior choices  
and experience your own consequences),

Someone who knows when to quit the sponsorship (if needed),  
and can allow you to quit the sponsoring relationship if you need to,

Someone who knows how to keep complete confidentiality,

Someone who can share his/her journey in recovery with you,

Someone who also has a sponsor (if needed),

Someone who has views about recovery which are helpful to you.