

How We Roll ...

by Rusty B, for his sponsees

Call and/or talk with at least one recovering addict at least once a day. Calling me counts, and I expect to hear from you at least once a week. If someone returns your call, that counts too, as you opened the channel.

If I neither see you at meetings, nor hear from you for 90 consecutive days, I cease to be your sponsor; and if you're not getting what you need from me, you can let me go as your sponsor anytime without losing our friendship.

If you have the desire to use, call me first, no matter the time of day. If you choose to use, one immediate consequence is I'll stop being your sponsor. I won't hate you or diss you, but I can't hang out with using addicts. I might sponsor you again post relapse (if you live, if you get abstinent, if you ask) but I'd have to go through the whole decision process again, just like when you asked me the first time ... I would need to pray on it, sleep on it, and ask my sponsor about it to get my ego out of the way to listen for and be shown what my Higher Power wishes for me in this situation ... and if sponsorship resumes we'd be back to these ground rules and the work of pre-step 1 ...

Pre-step 1: read our **Basic Text** from front cover through the first part of the chapter How It Works up to the start of Step 1, then answer the seven questions in the next-to-last paragraph before Step 1 that follow the line, "these are some of the questions we asked ourselves," page 18, 6th Edition. Also note anything from the front cover to the start of Step 1 that gives you pause (strongly like, strongly dislike, don't understand, etc). You must put your answers on paper ... get used to reading and writing, as you cannot get what I got if you don't do what I did. You can call me and we can go over the answers, as this is the only step work we do on the phone ... all the rest must be done face-to-face. The important thing is to get into our **Basic Text**, and then answer those first seven questions as soon as possible, to find out if you have any really big reservations, and whether or not you're really ready for sponsorship.

Steps 1, 2, and 3: read the step in our **Basic Text** and the same step worksheet including the questions once a day for seven days in a row. If you go five days and miss a day the next day is a new day one. On the seventh day of reading in a row (after reading) call me to say, "hey I've read the step and the worksheet seven days in a row." This repetition is to help you to build a routine, which will serve you on later steps, like step 4. Try to find where you can do this reading and writing in the same place and at the same time, everyday. For example, if you're a morning person, do it in the morning before you get started for the day; if you're a night person do it right before bed. Point is – set a routine of same place, same time, each day

Watch how on the later days your reading changes. Notice passages that resist being read, and what makes you squirm. When you call on day seven in a row we may talk

about shifts in your attention, how your disease dislikes recovery routines, and how being aware of this can be a good thing.

Then on day 7, after reading the step, answer the questions. You can write them or type them, so long as you get your answers on paper. Try to be clear and simple, and especially remember to be honest. Go with your first thoughts. The answers to these worksheet questions are in one of four places: in the worksheet itself, in our **Basic Text** for that step, in a dictionary, or in your heart. If you don't have a dictionary, you will need to buy one, borrow one, or use one at the Library (an online dictionary will work as well). When you've answered all the questions on paper call me up and say, "hey I've answered all the questions for Step 1 / 2 / 3 ..." and I get so say, "great let's meet face to face and discuss your answers."

Then we find a day and time and place and mark it on our mutual calendars as soon as is convenient and possible. We find a private place, turn off our phones, and begin with praying the "Serenity Prayer" out loud with each other, as we do in meetings. This is to center us and remind us to invite our HP's into the process (even if you don't know who your HP is yet). We go through the questions one by one. I will read the questions and you will read what you wrote. Add nothing, even if you want to. After you read your answer as you wrote it, then you can add, if you want. Remember to bring a pen or pencil as you will probably want to make notes to yourself.

When we are done, I will ask you three questions.

1. "What did you learn / get out of doing this step?"
2. "What is the spiritual principle of this step?"
3. "Do you have any questions?"

Every step formally ends with a hug!

Afterwards you take a day off to welcome the step into your life, and then you start again with the next step reading that step in our **Basic Text** and that step worksheet once a day for seven days in a row.

That's how we roll ...

Can an answer be right or wrong? Yes, and no. The point of doing the work sheets is so I can make sure you "got it." This is a matter of life and death – ours. Most times the question is simply not understood, and it's my job to try and help you understand.

Is an answer good or bad? Try to get the concepts of "good and bad" out of your mind; instead weigh things by asking, "will it hurt or not hurt?"