

Big Book Sponsorship versus Therapy

1. Your sponsor isn't all that interested in the 'reasons' you drank, used, gambled, ate, etc.
2. Your therapist thinks your root problem is your lack of self-esteem, negative self-image, and your poor self-concept. Your sponsor thinks your problem is a 3-letter word -- YOU!
3. Your therapist wants you to pamper your 'inner child.' Your sponsor thinks you ought to be hard on yourself and considerate of others.
4. Your sponsor thinks your inventory should be about you, not your parents.
5. Speaking of your parents, your sponsor tells you not to confront them, but to make amends to them.
6. The only time your sponsor uses the word 'closure' is before the word 'mouth.'
7. Your sponsor thinks 'boundaries' are things you need to take down not build up.
8. Your therapist wants you to love yourself first; your sponsor wants you to love others first.
9. Your therapist prescribes care-taking and medication. Your sponsor prescribes prayer making and meditation.
10. Your sponsor thinks 'anger management skills' are numbered 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12.
11. Now that you haven't had a acted out in your addiction in six months, your therapist thinks you should make a list of your goals and objectives for the next five years, starting with finishing up that college degree. Your sponsor thinks you should continue to take personal inventory, seek a closer relationship with God, carry the message to the addict who still suffers and to practice these spiritual principles in all your affairs.
12. Your sponsor won't lose their license to practice if they talk about God.