

# **What Your Sponsor Wants from You**

- ✓ **no excuses or explanations (you behaved the way you did because you behaved the way you did)**
- ✓ **clear understanding of powerlessness, with good examples of efforts to stop**
- ✓ **clear understanding of unmanageability, with good examples of consequences**
- ✓ **knowledge of your own addictive system**
- ✓ **knowledge of how your behaviour fits the criteria for addiction**
- ✓ **your worst moments expressed and your secrets exposed**
- ✓ **taking full responsibility for actions**
- ✓ **a range of feelings expressed**
- ✓ **feelings are appropriate for the events reported**
- ✓ **suffering including grief, pain, sorrow, and remorse**
- ✓ **ownership of loneliness**
- ✓ **a commitment to do whatever it takes to change**