First Meeting — New Sponsee

Step 0 & 1 — the agreement between us · keep this in the front of your Big Book

THE AGREEMENT

check each one off together

The question — **Are you willing to go to any lengths for victory over addiction, and to quit for good and for all?**

- ☐ Willing to take the steps **QUICKLY**. (Yes… it IS a race.)
- ☐ Willing to attend **specific meetings** early on. (Literature-based.)
- ☐ Willing to focus on **JUST the Big Book** till the steps are done.
- ☐ Willing to be completely **HONEST! NOW** — not after the 5th step. (Sex, checks, meds.)
- ☐ Willing to be **open-minded about anonymity**. (It's OK to tell folks you're in recovery.)
- ☐ Willing to accept a **service commitment**… NOW! (bottom of p. 129)
- ☐ Willing to stay accountable in **all three parts of the fellowship** — recovery, unity, service (the circle & triangle).
- ☐ Willing to learn about the **Traditions**.
- ☐ Willing to follow suggestions about **meeting etiquette**.
- ☐ Willing to **keep your appointments** with me. (Let's respect each other's time.)
- ☐ Willing to **call and check in EVERY DAY** while we're in the steps. (A two-minute call counts — the routine is what carries you between meetings. Repetition confirms and strengthens.)
- ☐ Willing to have **assignments done on time**. If the assignment is not done, we don't have a reason to meet — and if we don't meet, this delays your progress.
- ☐ Willing to **sponsor others**. After the steps, you will consistently sponsor others.

MEETING ETIQUETTE & TRADITIONS

- ☐ Willing to **arrive early & stay late**.
- ☐ Willing to take your **Big Book to EVERY meeting**.
- ☐ Willing to **share solution**. (Meetings are not a dumping ground for your problems. It is NOT group therapy.)
- ☐ **No cellphone** during the meeting.
- ☐ Coffee & bathroom **BEFORE** the meeting starts.
- ☐ **Anonymity** — explained.
- ☐ What it means to be **RECOVERED** — pp. iii, xiii, xv, xvii, xxv, 17, 20, 29, 45, 90, 96, 113, 132, 133, 146 & 165.

THE COMMITMENT — WRITE IT IN THE FRONT COVER OF YOUR BIG BOOK, AND SIGN IT THERE TOO

"I am willing to go to any lengths for victory over addiction, and to quit for good and for all."

SPONSEE	DATE	SPONSOR	DATE
_____	_____	_____	_____

Adapted from the Relevant Recovery Sponsorship Workshop (2024), p. 1 — "New Prospect / Sponsee 1st meeting — Step 0 & 1" · fellowship-neutral wording; singleness-of-purpose item and the sponsor's qualifying checklist omitted (the checklist lives in the sponsor's runsheet, step-00-01) · page references are to the Big Book, as given in the source