New Prospect / Sponsee 1st Meeting — Step 0 & 1

> ***The goal of this meeting:*** *get to know each other, explain the disease, and let him qualify* ***himself*** *— then show him the whole life he'd be choosing, and give him a day to decide. "He must decide for himself whether he wants to go on." (◆ BB p.95 ¶4)*

Companion guide: step-12.md (Step 0 → Step 1) · **Joe McF through-line + assignments:** step-00-03.md · **Condensed outline (Steps 1–3, 10–12, sponsorship):** joe-mcf-outline.md · **Worksheets:** Cycle of Addiction (print) · Log & Loser List

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0. Before You Start

- [ ] Are you on any mind altering substances/medicines? *(If jittery or befogged, reschedule — "it is imperative that a man's brain be cleared before he is approached" ◆ BB p.xxvi ¶6)*
- [ ] Open with the Set-Aside Prayer — both of you:

> *Dear God, please set aside everything I think I know about myself, this book, my disease, these steps, and especially about You dear God so that I might have an open mind and a new experience with all these things. Please help me to see the truth.*

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1. Stories First — Get to Know Each Other

HE SHOULD DO HALF THE TALKING. YOUR STORY IS THE ICEBREAKER, NOT THE CENTERPIECE.

- [ ] General conversation first; then turn the talk to some phase of using. *"Tell him enough about your drinking (using) habits, symptoms, and experiences to encourage him to speak of himself. If he wishes to talk, let him do so."* (◆ BB p.91 ¶3)

- [ ] Your story: how baffled you were, how you finally learned you were **SICK** — the struggles you made to stop, the mental twist which leads to the first drink (drug) of the spree (◆ BB p.91 ¶4)
- [ ] No hilltop: *"Never talk down to an alcoholic from any moral or spiritual hilltop; simply lay out the kit of spiritual tools for his inspection."* (◆ BB p.95 ¶2)

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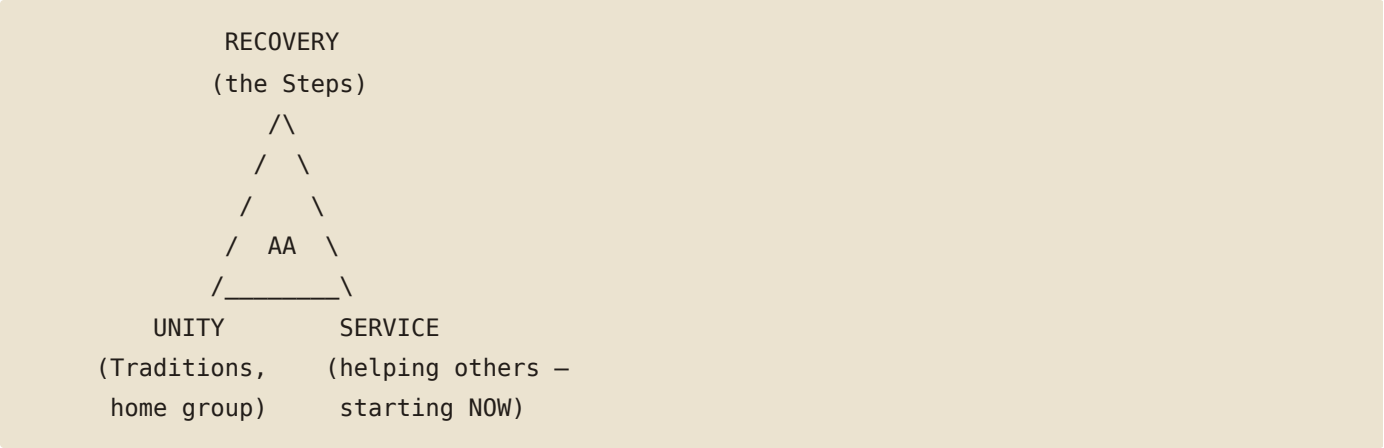
2. What This Is — and What It Isn't

- [ ] You are a person who has RECOVERED (◆ BB p.90 ¶4) — see the 16 "recovered" references
- [ ] Outline the program of action (◆ BB p.94 ¶1): self-appraisal (Steps 4–5), straightened out the past (Steps 8–9), now helping him (Step 12) — *"your attempt to pass this on to him plays a vital part in your own recovery."*
- [ ] What I am NOT: not a banker, not a nurse (◆ BB p.95 ¶3); no fees to pay, no lectures to be endured, nobody runs your life (◆ BB pp.18–19)
- [ ] Plant the seed on day one: after the steps, YOU will sponsor others. SPONSORS HAVE A 75% RECOVERY RATE (Baltimore study). *"Helping others is the foundation stone of your recovery. A kindly act once in a while isn't enough."* (◆ BB p.97 ¶1)

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3. The Vision — Circle & Triangle, the Three Legacies

DRAW: A TRIANGLE INSIDE A CIRCLE



- **The circle** is the whole of AA — the Fellowship that now surrounds you.
- **The triangle** is AA's **Three Legacies** (adopted at the 20th-anniversary convention, St. Louis 1955 — described in *AA Comes of Age*; not Big Book text):
  - **RECOVERY** — the 12 Steps, worked quickly with a sponsor. *Getting well.*
  - **UNITY** — the 12 Traditions: home group, meetings, the Fellowship. *Staying well, together.*
  - **SERVICE** — a commitment NOW, sponsorship after the steps. *Giving it away to keep it.* (◆ BB p.129 ¶3: helping others *"will do more to insure his sobriety than anything else."*)
- A three-legged stool stands on all three legs — kick one out and it tips. The agreements below ask for all three on purpose.
- Step 12 itself carries all three: *spiritual awakening as the result of these steps* (recovery), *carry this message* (service), *practice these principles in all our affairs* (unity). (Joe McF on the three legacies)

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4. The Disease — Cycle of Addiction

- [ ] Read Dr's Opinion / Cycle of Addiction ◆ pg. xxviii–xxix
- [ ] **EXPLAIN + DRAW THE CYCLE** — then fill in the worksheet: My Cycle
- [ ] Give examples of Mental Obsession (No defense against 1st drink) and Physical Allergy (Phenomenon of craving, more more more). The four ways the thought gets in, a Book man for each, with the questions to ask: Mental Obsession.
- [ ] Drowning man & the logs — **EXPLAIN AND DO THE LOG & LOSER LIST**

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5. Qualification — He Convinces Himself

- Are you Willing to be QUALIFIED (◆ p.20, ◆ 21, ◆ 44)? Some folks DO get here by mistake. Help them get to the RIGHT rooms!
- Qualify as a Chronic (Real) Alcoholic (Addict). Help your prospect qualify his/her self to sponsor. (We do not sponsor Hard Drinkers.) Qualify yourself to potential sponsee by explaining what Alcoholism actually is and give personal experiences around it.

- [ ] ◆ **Pg. 20–24** (Moderate, Hard drinkers vs. Real Alcoholics) & ◆ **pg. 34**
- [ ] ◆ **Pg. 44**, 2 qualifying questions: cannot quit entirely? little control over the amount?
- [ ] Have you lost the power of CHOICE? Have you lost CONTROL?
- [ ] Full yes/no question script from the Big Book: step-12.md §9–13 — use his cycle worksheet and Log & Loser List as the evidence

- Does prospect believe that he/she is a REAL Alcoholic (Addict)? (Hopeless variety)
- YOU DON'T HAVE TO CONVINCE ME — YOU MUST CONVINCE YOURSELF. (◆ **BB p.30 ¶2**)
- Prospect has now qualified him/herself to sponsor — if chronic, move on to what this relationship will look like.

6. The Choice — Spiritual Path vs Material Path

> *"To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face."* (◆ **BB p.44 ¶2**)
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> *"...we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help."* (◆ **BB p.25 ¶3**)

	The Spiritual Path	**The Material Path**
First move	Work the steps QUICKLY with a sponsor — *"trust in God and clean house"* (◆ **BB p.98 ¶2**)	Fix the job, the relationship, the money, the reputation — *first*
Power source	A Power greater than yourself	Self-will and the logs — "easier softer ways" and "human aids"
Track record	*"Rarely have we seen a person fail who has thoroughly followed our path."* (◆ **BB p.58 ¶1**)	Your Log List — every log on it already failed you
Where it lands	*"a new and wonderful world, no matter what your present circumstances"* (◆ **BB p.100 ¶1**)	"the bitter end" — and the Loser List keeps growing

- The material things aren't the enemy — they're the *fruit*, not the *root*: *"we found we could not place money first. For us, material well-being always followed spiritual progress; it never*

preceded." (◆ BB p.127 ¶1)

- The man on the spiritual path is *"on a firmer foundation than the man who is placing business or professional success ahead of spiritual development."* (◆ BB p.129 ¶3)
- This is not heads-in-the-clouds escapism: *"our feet ought to be firmly planted on earth… We have found nothing incompatible between a powerful spiritual experience and a life of sane and happy usefulness."* (◆ BB p.130 ¶1)
- YOUR LOG LIST *IS* THE MATERIAL PATH, ALREADY TRIED. THE QUESTION IS WHETHER YOU WANT TO KEEP TESTING IT.

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7. What "Yes" Means — The Agreements

Are you WILLING to —

ASK: Are you willing to go to ANY LENGTHS for victory over alcohol (drugs) and quit for good and for all? *(Write & sign in the cover of the BB — suggested: sign it when he comes back with his YES, see §9.)*

- [ ] Willing to take the steps QUICKLY. (Yes…it IS a race)
- [ ] Willing to attend specific meetings early on. (Lit. 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 p.129)
- [ ] Willing to stay accountable in all three parts of AA — the circle/triangle (§3 above)
- [ ] 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 him between meetings; Joe McF: talk to your sponsor every day, *repetition confirms and strengthens*)
- [ ] Willing to have assignments done on time. If 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.

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8. AA Meeting Etiquette & Traditions *(can defer to meeting 2)*

- [ ] 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.
- [ ] Get coffee & go to the bathroom BEFORE the meeting starts.
- [ ] Explain Anonymity.
- [ ] Explain Singleness of Purpose. (no outside issues)
- [ ] Explain what it means to be RECOVERED. — Pg. iii, xiii, xv, xvii, xxv, 17, 20, 29, 45, 90, 96, 113, 132, 133, 146 & 165 — full linked list at step-12.md, the 16 "recovered" references

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9. The Decision — 24 Hours

> *"If he is sincerely interested and wants to see you again, ask him to read this book in the interval. After doing that, he must decide for himself whether he wants to go on. He should not be pushed or prodded by you, his wife, or his friends. If he is to find God, the desire must come from within."* (◆ BB p.95 ¶4)

Assignments for the interval:

- [ ] Read the ◆ Doctor's Opinion and Chapters 1–3 (through ◆ p.43)
- [ ] Finish the Cycle of Addiction worksheet
- [ ] Finish the Log & Loser List
- [ ] Call me tomorrow with your decision — yes or no.

If YES → sign the cover of the Big Book (the any-lengths commitment, §7), schedule the Steps 2 & 3 meeting (separate meeting), and bring the finished worksheets. *"Suppose now you are making your second visit to a man. He has read this volume and says he is prepared to go through with the Twelve Steps."* (◆ BB p.96 ¶2)

If NO → no pushing, no chasing, no hard feelings: *"We have no monopoly on God; we merely have an approach that worked with us… you would like, in any case, to be friendly. Let it go at that."* (◆ BB p.95 ¶4) — *"If you leave such a person alone, he may soon become convinced that he cannot recover by himself."* (◆ BB p.96 ¶1)

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10. Close With Hope

- He should leave **properly armed with the facts** — and knowing *"There is a solution."* (◆ BB p.25 ¶1)
- *"Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!"* (◆ BB p.100 ¶1)
- Close with a prayer.

From the Big Book sponsorship guide at bigbook.it/step-12/ · a page of the guide; the Book's own text, page for page, is at bigbook.it/bb/. · source step-00-01.md