

# Deer Valley Counseling

"Skills for Better Living"

## Choosing a Sponsor

Necessary characteristics of a sponsor-

Sober	The same gender as you	Trustworthy	Supportive
Objective	Work or school oriented	Honest	Believes in abstinence
Can help you	Has the time to help you	Good citizen	Caring

In the space below, write the names of people in your life who could be your sponsor.

\_\_\_\_\_ Name: \_\_\_\_\_

Reasons this person **would** make a good sponsor: \_\_\_\_\_

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Reasons this person **would not** make a good sponsor: \_\_\_\_\_

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\_\_\_\_\_ Name: \_\_\_\_\_

Reasons this person **would** make a good sponsor: \_\_\_\_\_

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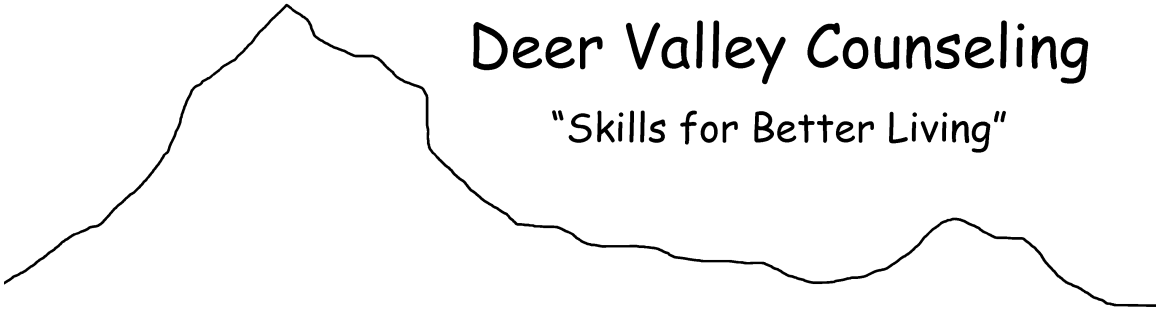
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Reasons this person **would not** make a good sponsor: \_\_\_\_\_

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*More on other side.*



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\_\_\_\_\_ Name: \_\_\_\_\_

Reasons this person **would** make a good sponsor: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Reasons this person **would not** make a good sponsor: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Name: \_\_\_\_\_

Reasons this person **would** make a good sponsor: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Reasons this person **would not** make a good sponsor: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Rank each person on the list with "1" being the best, "2" the next best and so on.

Sandra Nettles, LCSW, MSSW

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The original of this article can be found online at <http://deerval.com/Articles/ChoosingASponsor.htm>.

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