

We may find a sponsor who has recovery experience with anorexia (or health and disability), or we may choose to work with a sponsor who has no such experience. Either situation can be good.

Finding a permanent sponsor that fits for us can take months or years depending on our capacity for slower or more rapid recovery.

Many of us find that a mutual sponsor/sponsee relationship, such as co-sponsoring or recovery partners, works better for us because it promotes a greater sense of equality or companionship. Others prefer the stability and security that the traditional relationship provides. **No matter whom we choose to help us work the Steps, we have faith that our Higher Power will provide what we need exactly when we need it.**

For those of us who cannot find co-sponsors, we find recovery partners in meetings or through outreach calls, who may be willing to help us work the Steps and Traditions.

Thinking of the person listening to us as a co-sponsor or as a “temporary sponsor” can provide us with the short-term, critical support we need as we continue our Step work and as we look for a more permanent sponsor. **These options can give us more breathing room, more flexibility,** and less co-dependency in our recovery support relationships.

As ... sponsees, **we may need a sponsor who is flexible and who can help us adapt a recovery process using the Steps differently than the ways that work well for others.** Our recovery path might ask us to be “brave” and dare to do things that would be risky or even wrong for others in the Program.

For those who tend to “block” or “delay”, taking courageous action, even making mistakes, is better than staying quiet and immobilized. For those with patterns of “continually trying to do something” or “fighting to succeed but never quite reaching the goal,” recovery is more about staying quiet, and finding the correct balance between self-will and the will of our Higher Power.

Whatever path we choose in this process, we continue to turn over our recovery to our Higher Power and to ask for support and guidance.

Developing true intimacy, as well as listening without giving any feedback, may not be strong skills for many sponsors. **Some sponsees need a specific environment to feel open to share.** For example, some may need to set healthy boundaries with their sponsor, such as “Please do not give me feedback unless I ask for it.” In this case, the sponsor does not respond until the sponsee indicates that they are ready to hear what the sponsor has to say.



We learn how to balance our needs with those who are accompanying us on our recovery path; we can each grow stronger as our relationship slowly matures. Figuring out what works for you may take experimentation. Follow your heart and your emotions, and communicate your needs clearly to your sponsor.