

## **Sponsor and Sponsee Questions**

What do we want out of this relationship?

What are the sponsors expectations of the sponsee? (example: food plan, meeting attendance, service, etc.)

What are the sponsees expectations of the sponsor? (example: help through the Steps)

How are we going to communicate? (example: phone call, text, email, etc.)

How often are we going to communicate and for how long? When is the best time to communicate? (example: phone call every morning lasting 15 minutes; text food plan each morning)

What are we going to discuss? (example: food plan, daily challenges, OA reading)

What are some boundaries the sponsor and sponsee would like to establish in this relationship? (example: availability)

How is the sponsee going to work the twelve steps in OA?

How is the sponsee going to use the tools in OA?