

If yes (fill in the white spaces):

History			
• How long have you been a sponsor?			
• How many sponsees do you currently have?		Have you had?	
• What is the longest sponsee relationship you have had?			
• What is the average length of time that you sponsor someone?			
• What type(s) of sponsor have you been (see question 2)?			
• Please give a brief description of how you sponsor.			
Style			
• Do you use a trial period?	Yes	No	If yes, how long is the trial period?
• How often do you communicate with your sponsee?			
▪ In person:		▪ Email:	
▪ Text:		▪ Phone:	
• How do you work the steps with your sponsee (e.g., follow OA or AA, use workbooks)?			
• How long does it take, on average, to work through the 12 Steps one time with a sponsee?			
• What do you ask from a sponsee (what and how often)?			
▪ Prayer and meditation:			
▪ Readings (what book?):			
▪ Food reporting			
– Frequency (e.g., daily):			
– Pre and/or post:			
▪ Become a sponsor (at what point?)			
▪ Other			
• What would cause/has caused you to end a relationship with a sponsee?			
Thoughts and Opinions			
• How did you know you were ready to be a sponsor?			
• When do you think someone is ready to sponsor?			

Do you feel that abstinence is a requirement for sponsorship?	Yes No	If yes, how long?	
<ul style="list-style-type: none"> What information/help/support would you like as a sponsor? 			
<ul style="list-style-type: none"> What have you struggled with as a sponsor? 			

4. Do you have an OA sponsor?

Yes

No

If no:

What are the reasons?	
Do you want an OA sponsor?	

If yes (fill in the white spaces):

History			
<ul style="list-style-type: none"> How long have you been with your current sponsor? 		With any sponsor?	
<ul style="list-style-type: none"> How many sponsors do you have? 		Have you had?	
<ul style="list-style-type: none"> What type of sponsor(s) do you have/have you had (see question 2)? 			
<ul style="list-style-type: none"> Please give a brief description of how you work with your sponsor. 			
Style			
<ul style="list-style-type: none"> Do you use a trial period? 	Yes No	If yes, how long is the trial period?	
How often do you communicate with your sponsor?			
<ul style="list-style-type: none"> In person: 		<ul style="list-style-type: none"> Email: 	
<ul style="list-style-type: none"> Text: 		<ul style="list-style-type: none"> Phone: 	
<ul style="list-style-type: none"> How do you work the steps with your sponsor (e.g., follow OA or AA, use workbooks)? 			
<ul style="list-style-type: none"> How long did it take to work through the 12 Steps the first time? If you are in that process, please indicate what step you are on and how long you have been working on them. 			

<ul style="list-style-type: none"> • What does your sponsor ask from you (what and how often)? 			
<ul style="list-style-type: none"> ▪ Prayer and meditation: 			
<ul style="list-style-type: none"> ▪ Readings (what book?): 			
<ul style="list-style-type: none"> ▪ Food reporting 			
<ul style="list-style-type: none"> – Frequency (e.g., daily): 			
<ul style="list-style-type: none"> – Pre and/or post: 			
<ul style="list-style-type: none"> ▪ Become a sponsor (at what point?) 			
<ul style="list-style-type: none"> ▪ Other 			
<ul style="list-style-type: none"> • What would cause/has caused you to end a relationship with a sponsor? 			
<ul style="list-style-type: none"> • What are the things that your sponsor does that you think are most helpful? 			
<ul style="list-style-type: none"> ▪ Least helpful? 			
<ul style="list-style-type: none"> • What is the most daunting part of working with your sponsor? 			
Thoughts and Opinions			
<ul style="list-style-type: none"> • When do you think someone is ready to sponsor? 			
Do you feel that abstinence is a requirement for sponsorship?	Yes	No	If yes, how long?
<ul style="list-style-type: none"> • What information/help/support would you like as a sponsee? 			
<ul style="list-style-type: none"> • What have you struggled with as a sponsee? 			

5. Have you changed sponsors? **Yes** **No**

If yes, how/why did it happen?	
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6. Have you been turned down by a potential sponsor? **Yes** **No**

If yes, what was the reason given?	
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7. Have you ended a relationship as a sponsor or a sponsee? If yes, why? **Yes** **No**

If yes, why?	
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8. It is important that there is compatibility between the sponsor and sponsee.

What ideas do you have on how to ensure a good fit between sponsor and sponsee?	
What ideas do you have on how match sponsors and sponsees?	

9. How can OA improve and expand sponsorship to better meet the needs of compulsive eaters (aside from a workshop)?

- 10. If you are an experienced sponsor, are you willing to provide your name and potentially participate in a sponsorship workshop or Day in OA?** Yes No
 (If yes, please provide info in #12)

11. If you are willing, please provide your contact information so that we can contact you if we have questions.

Name	
Email	
Phone	

12. Please provide any other thoughts you have on sponsorship in OA.

Thank you for your participation – your experience and input are valuable!