

Sponsorship & Co-Travel

Peer support can make the Twelve Steps less solitary. You can ask for company in recovery even if you're not ready for a formal sponsorship relationship. This guide offers starting points, not conditions for membership or service.

Choose the kind of support you want

A **sponsor** is a peer who can share how they work the Steps and help you find a way to begin or keep going. A **co-traveler** is someone you check in with as peers. You might read together, talk through a Step, or agree to call each other before your next meeting. Neither person has to have all the answers.

> "Fellow Traveler – This is the traditional method of ACA/ACOA sponsorship. A person who is willing to share experience, strength, and hope in helping the sponsee work their way through the 12 Steps" (adultchildren.org)

Start with a conversation

1. Ask a trusted member after a meeting whether they are open to sponsorship or co-travel. You can also ask your homegroup how it introduces members who want this kind of support.
2. Say what would help: working a Step, reading together, or a regular check-in. Ask what they can realistically offer.
3. Agree on how often to connect, when it's okay to call, and what stays private. Try one conversation or a short trial before committing to a schedule.

Keep it peer-to-peer

A sponsor or co-traveler isn't a clinician, emergency contact, or authority over another person's recovery. The relationship doesn't require either person to use, provide, or recommend any substance. Don't share another member's contact details without consent. If the arrangement stops working, either person can step back respectfully and seek other support.

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We in Psychedelics in Recovery (PIR) honor the spirit of sponsorship in traditional 12-step processes. We appreciate the ways in which sponsorship in PIR shares similarities and differences with other 12-step fellowships. We use the familiar language of "Sponsor" and we feel that the term "Fellow Traveler" fits as well.

In PIR we use "Sponsor" and "Fellow Traveler" interchangeably.

GET THE MOST OUT OF SPONSORSHIP

The main responsibility for the PIR Sponsor is to take the PIR Sponsee through the Steps of PIR

- A sponsor shares personal experience and knowledge to help the sponsee find and maintain their own definition of recovery through the Steps of PIR.
- A sponsor shows by present example of what PIR means in the sponsor's life.
- A sponsor encourages and helps the sponsee to attend a variety of meetings to get a number of viewpoints and interpretations of the program of recovery.
- A sponsor suggests keeping an open mind about PIR, the 12 Steps, a Higher Power and all spiritual experiences.
- A sponsor encourages the sponsee to find a home group for fellowship and connection in recovery and look for ways to be of service.
- A sponsor sees that the sponsee is aware of PIR literature, in particular the Twelve Steps and Twelve Traditions, The Guiding Principles of PIR, and How to Integrate - A Plan of Action.
- A sponsor impresses upon the sponsee the importance of all the Traditions.
- A sponsor tries to give the sponsee some picture of the broad-reaching scope of PIR and the inclusivity of all 12-Step fellowships and other paths of recovery.
- A sponsor does not offer medical advice.
- A sponsor assists the sponsee in determining for themselves their own definition of recovery and practicing personal discretion regarding when, how, and with whom to talk openly about their involvement in PIR.
- A sponsor may assist the sponsee in identifying their own path for integrating psychedelics into their 12-Step recovery.
- A sponsor quickly admits "I don't know" when that is the case and helps the sponsee find a good source of information.
- A sponsor does not impose their personal views on the sponsee regarding matters of spirituality, religion or any other outside issues, but may share their personal experience with these matters.
- A sponsor does not offer professional services such as those provided by counselors, the legal, medical or social work communities, but may sometimes help the sponsee to access professional services outside the scope of PIR if needed.
- A sponsor underscores the fact that it is the PIR recovery program - not the sponsor's personality or position – that is important. Thus, the sponsee learns to rely on the PIR program not on the sponsor. A well-grounded sponsor encourages the sponsee to seek additional support and guidance from other members of PIR.

Source: PIR Sponsor Info 11-2021 · Howard W., website advisor · CC BY-NC-ND 4.0

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