

**Anorexia Sponsorship – One Approach**  
**Share-a-Day            Sunday, April 24, 2011**

- I ask that they create a list of what they want in a sponsor and I create a list of what I am seeking in a sponsee. The lists should be agreeable to us both. This way wants and needs are expressed.
- For Sexual Anorexics I recommend a parallel use of two (Non Conference Approved) books, both by Patrick Carnes: *The Gentle Path Thru the 12 Steps* and *Sexual Anorexia: Overcoming Sexual Self-Hatred*. This is really important because the Sexual Anorexia book is about the solution and only the solution. You can't read that book and not walk away with more tools.
- First a Step is worked in *The Gentle Path* and then it is followed by working the same step (or group of Steps) in the *Sexual Anorexia* book.
- For Anorexics control/overcontrol is a big issue. The Anorexia 1-2-3 "Working the Program and Not the Problem" does a great job of loosening "the death grip" we may have on this issue.
- I only sponsor people who are willing to be a sponsor themselves. This helps the pool of sponsors to grow. By the 6<sup>th</sup> or 7<sup>th</sup> Step they should be close to ready to begin with a sponsee.
- Often "catastrophic thinking" and living in the "wreckage of the future" characterize Anorexic paralysis or willful behavior. Often I suggest they use a Godbox – so that they are utilizing their Higher Power in protecting them from that "catastrophe or future wreckage."
- I often give automatic writing as an exercise. Automatic writing is defined as posing a written question to your Higher Power and letting your hand just free write on the question. What often results is a Higher Wisdom and Knowledge. This is especially helpful if a sponsee is not seeing that a certain characteristic or behavior is no longer of service to them. The best way for them to see it is usually if the clarity comes from within rather than from another person.
- At some point I ask them to write a vision of the partner they are seeking and the relationship they want. These are the things they have usually given up on so it is important for them to spend time in their mind seeing what this area of life would look like if it was improved.
- The foundation of Anorexic recovery is to understand that we must begin to *tolerate* that which feels unsafe to us. Our view of that which is "safe" is distorted and as a result our lives have become very small because the number of things that seem "unsafe" (i.e. things we can't control/ things that are unpredictable) to us grows larger. We may not like these "unsafe" things but we must learn to tolerate them if our lives are going to be different.