

## **Terry's Ideals:**

### **Friendship Ideals (Examples):**

- **Equally balanced/ give and take**
- **Lots of laughter**
- **Speaking our truths (accepting each for who we really are.)**
- **Respect and love for one another.**
- **No expectations for each other.**

### **Money Ideals (Examples):**

- **Inviting in to all spending**
- **Conversing with my husband/partner before making purchases over set amount. (ex.\$100 or \$50, based on discussion with your partner.)**
- **Priorities are taken care of first before any extra spending.**
- **Balancing check-book monthly with bank statements matching.**
- **One credit card with money available for emergency.**

### **My ideals for how I treat my body:**

- **Exercising (3-4 x a week).**
- **Eating abstinently (and that is also a living amends I make to myself).**
- **Not putting any negative substances in my body (Alcohol, caffeine, speed, cigarettes, chemicals, LSD (LOL))**
- **Drink plenty of water (1 ounce of water for every 2 pounds that I weight/ eating lettuce doesn't count.)**
- **I rely on God verses the scale!**

### **Mom's Ideals:**

- **Available, supportive and loving.**
- **To be a positive example: showing them how to live life, work ethic/ being responsible.**
- **I let my children as adults make their own decisions.**
- **I don't fix their problems.**
- **I'm reliable when asked and continue to show up and listen (vs. having all the answers).**

### **Sponsor Ideals:**

- **God reliant vs. sponsor reliant**
- **Appointments made weekly, one hour time slots (3x a week).**
- **Communicate through phone, not through texting.**
- **Connecting and building a network with other OA members.**

- **To have a new Big Book, high lighters, a home group and step work weekly once the food is down. (no drunks aloud! LOL)**

**Sally's 12 Points for Protégé Ideals: (What I require of a sponsee!)**

- **Willing to do boot camp in five days or less and Willing to finish reading the big book (within two from start of boot camp) through page 164 as the BB states on bottom of Pgs. 94, middle of 95 and 96.**
- **Willing to get a nutritionist and surrender their food to her instructions and begin to live a sound food plan.**
- **Willing to give up sugar in any form (including splenda) and flour.**
- **Willing to Put the food down once and for all and put the start date on Pg. 13 of BB next to Bill's declaration, "I was separated from drink for the last time!"**
- **Willing to let me pray openly with them at the end of every session that we study together.**
- **Willing to meet three times a week to read and study the BB with the goal of becoming recovered in 10 weeks.**
- **Willing to give me their first born if they break their abstinence! (Just kidding)**
- **Willing to listen to AVFY every morning, five days a week while they are going through the process of becoming recovered.**
- **Willing to Call 2 recovered people a day and develop a network of 20 recovered people that they can call in a pinch and /or for a 10<sup>th</sup> step eventually!**
- **Willing to NOT SPEAK at any meeting until they are recovered as they have nothing to say until they are recovered (this is also to develop humility. )**
- **Willing to type their letters and mail to me when it's time to do step 9.**
- **Willing to commit to finish their fourth step inventory in 2 weeks or less so that they can maintain the momentum!**