

Day By Day

**24/7
Back To
the
Basics
Support
for
Addiction
Recovery**

**Pocket
Sponsor[®]**



Pocket Sponsor®

*24/7 Back to the Basics
Support for Addiction Recovery*

The Original Pocket Sponsor®
From those who brought you *Day By Day*

Pocket Sponsor®

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How to Use This Book

For the chemically dependent in recovery, this book is designed as a basic 24/7 form of support. There is nothing in here that you will not hear at meetings or that your sponsor wouldn't tell you. Now you can carry a little bit of fellowship with you wherever you go. How you begin your readings depends upon where you are.

If You are a Beginner (and those beginning again):

Start the readings immediately following your last drink, fix, or pill. Day One becomes your first day of abstinence.

Or start reading on the day you leave treatment. Day One is the day you are discharged.

For those with a few 24 Hours:

Use this book to correspond with the month you are in. Begin reading using today's date—is it the sixth? Then look up Day Six in the *Pocket Sponsor*, the time of day and read your message. Keep using it month after month—you will pick it up at different times and receive different recovery messages. Again and again you will discover new passages that are *exactly* what you need at that moment.

Back to the Basics

The *Pocket Sponsor* can be carried with us at all times, kept handy in our recovery library, or on our bedside table. Although it has a message for every hour of every day, we need not read it every hour.

When we arise in the morning and before retiring at night, it is a good habit to pull out the *Pocket Sponsor* and read the support passage. Anytime during the day we feel uneasy, we locate the day and hour and read our message, especially during the HALT moments (too Hungry, Angry, Lonely, Tired).

The Realm of the Spirit

Whatever our Spiritual Source may be (God, Group, or Goodness), we designed this Pocket Sponsor inclusively. We use the term “God” as well as Allah, Buddha, Divine Intelligence and many other forms for a Supreme Being. We believe in the 12 Step concept of using a Power Greater than ourselves as discussed in the Big Book of Alcoholics Anonymous,

“To us, the Realm of the Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe to all men. When, therefore, we speak to you of God, we mean your own conception of God.” (P 46-47).

We don't let the “God talk” offend us—we convert the language in this book to whatever works for us. Remember, nothing will work if we don't work it!

My recovery anniversary (abstinence birthday) is:

The name of my sponsor is:

My sponsor's phone number is:

The numbers of other support people are:



The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession.
~*Alcoholics Anonymous Comes of Age* (p. 139), Bill W.'s 1955 speech

In 1994 the AA General Service Conference decided to discontinue using the circle and triangle logo on all Conference-approved literature. Today, however, it is still associated with many types of 12-Step programs. The symbol continues to have a special meaning for people all over the world in recovery from mind affecting chemicals.

WEEK ONE

Day One/12:00 AM: Do not regret the past. "The past is but the beginning of a beginning/and all that is and has been/is but the twilight of the dawn." ~H. G. Wells. Your past is the beginning of this beginning.

I "will not regret the past nor wish to close the door on it." (P 83, AA Big Book)

Day One/1:00 AM: To earn respect, we must live responsibly. To live responsibly, we must identify and clarify our personal value system, then act on a daily basis in accordance with that value system.

Respect is for the respectable.

Day One/2:00 AM: If you think you are having a problem with God, just try to imagine the problem He/She is having with you!

There is no way to know God's Will, unless I do it.

Day One/3:00 AM: Don't "should" on yourself. You "should" have done this, you "should" have done that, is not program. What you do *now*, is program.

Most "shoulds" are a lie.

Day One/4:00 AM: When we pray for strength, the Universe gives us difficulties to make us strong. When we pray for courage, the Universe gives us danger to overcome. When we pray for patience, the Universe gives us long lines and traffic jams. What are you praying for?

I may ask for favors but the Universe gives me opportunities.

Day One/5:00 AM: Wet the bed and blame the blanket: that is the life we led. With the Twelve Steps, we learn that problems are basically of our own making.

At the end of BLAME is ME.

Day One/6:00 AM: We remain recovered as long as we remain recovering. We never become drink and drug proof.

In order to remain successful in this program, I remember that I AM a verb—present tense.

Day One/7:00 AM: They say there are three answers to every prayer: “Yes,” “No,” and “Not Now.” And when waiting, remember that The Universe doesn’t wear a watch.

Patience means that I give God space.

Day One/8:00 AM: We used to live to the dictates of that first fix, pill, drink, smoke, or snort. In our new life, we live to the dictates of a higher law. It is our most challenging task. What does it take? All you have.

Working my program and staying clean and sober may take all that I have, but I have all that it takes.

Day One/9:00 AM: We used to cope with life instinctively using drugs—reacting to everything by reaching for the mood-elevators, crack, weed, and booze. Today we learn to be proactive, not reactive.

We learn to respond (with thought and deliberation) rather than react (instinctively).

I “respond,” not “react,” to today’s events.

Day One/10:00 AM: "This time, like all times, is a very good one if we but know what to do with it." ~Ralph Waldo Emerson. Every thought you have can be part of a continuous prayer and everything you do can be your practice of healing.

If I'm not happy today, what am I waiting for?

Day One/11:00 AM: Responsible. This word is a combination of “response” and “able.” When you want to know who is responsible for something, ask yourself who is “able” to “respond.” That is your answer.

*Responsibility is simply my response
to God’s ability.*

Day One/12:00 PM: You can’t change reality but you can change your attitude toward it.

*When reality messes up my fantasies, I pause and
ask my Higher Power to guide my thoughts.*

Day One/1:00 PM: There are days when we don't like ourselves. Consequently, we don't like others, either. Never-the-less we grant them the right to be human, the right to be wrong, and the right to be right!

When people really bug me, let me let them be.

Day One/2:00 PM: Are you going to let tough times make you bitter or make you better?

I embrace “tough” times because I get to practice my principles.

Day One/3:00 PM: “There are more things in heaven and earth... than are dreamt of in your philosophy.” ~William Shakespeare. Hold on to the knowledge that more good is occurring on this hunk of rock floating through space than you can ever imagine.

I ask for all things that I might enjoy life, I am given life that I might enjoy all things.

Day One/4:00 PM: Remember, if you have ten problems and pick up, you’ll then have eleven!

I remember that I am only one drink away from a drunk and one hit away from a high.

Day One/5:00 PM: Seemingly “bad” days are usually the days in which we don’t get our own way. This is a Third Step problem. If you are having a “bad” day, read the Third Step from your basic recovery text then ask yourself what part of your life today has not been turned over.

Today I work toward matching my will to my Higher Power’s, not my Higher Power’s to mine.

Day One/6:00 PM: Gaining our strength in recovery by admitting powerlessness in addiction is a mystery to us. But, the First Step says we are powerless over “our drug of choice” and not powerless over “our recovery.” Don’t limit yourself.

I am powerfully recovering.

Day One/7:00 PM: There is no right way to do the

wrong thing. Whatever you were thinking of doing, you can not rationalize it into “right” action by saying, “yes but this” or “no but that.” You know what’s right and you know what’s wrong—follow your gut.

When things go wrong, I don't go with them.

Day One/8:00 PM: They say that there is no elevator to peace of mind, *we must use the Steps*. All the Steps ask us to do is trust God, clean house, and serve others. We can do it. Just put Step One in front of the others and begin.

Which Step am I on today?

Day One/9:00 PM: Service is sacred. “...our sometimes smoke-filled, coffee-filled, talk-filled clubs, meetings, and social gatherings are the basis for a lot more than laughter—they add up to a major part of our recovery.” May 29, *Day By Day*

Am I contributing to the fellowship?

Day One/10:00 PM: Meditation is a healthy activity that strengthens not only our recovery but rejuvenates us physically and mentally as well. Prayers and meditation have been proven to strengthen the immune system.

Step Eleven sends a message of health to my immune system as well as my spirit.

Day One/11:00 PM: We always have the choice to drink and drug again, until we drink and drug again. Then we have no choice.

I don't pick up even if my ass falls off!

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Day Two/12:00 AM: If you are looking for the perfect group before you join a home group, then you are going to be homeless.

*My home group is not perfect and neither am I,
so we suit each other perfectly.*

Day Two/1:00 AM: It's hard to believe that this simple program can work for us. But it does. We see it each time an old timer celebrates a birthday, a newcomer picks up a token, or a former skid row drunk reaches out to help an alcoholic doctor that has hit his first meeting in desperation. Believe.

I make believe until I can believe.

Day Two/2:00 AM: "God speaks to us in many ways at many times. If we are spiritually alert, we will know it when it happens. A stray thought occurs; we overhear a bit of conversation, a passage in something we are reading suddenly stands out—and we know we have connected." ~*In God's Care* March 13

*If I do not hear my Higher Power talking to me,
it is because I am not listening.*

Day Two/3:00 AM: Self will and 'running the show' can be like the monkey who sticks his hand into the trap for food. He grasps the food tightly creating a fist that won't slide out the trap door. The monkey struggles but *won't release the food* and he is trapped. Holding tight to your will and your way can be the fist that traps you.