

## The Twelve Traditions of Double Trouble in Recovery

1. Our common welfare should come first; personal recovery depends on DTR unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for DTR membership is a desire to stop drinking and drugging, and to work on one's mental health.
4. Each group should be autonomous except in matters affecting other groups or Double Trouble in Recovery as a whole.
5. Each group has but one primary purpose—to carry its message to the dually diagnosed person who still suffers.
6. A Double Trouble in Recovery group ought never endorse, finance, or lend the DTR name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Double Trouble in Recovery group ought to be self-supporting, declining outside contributions.
8. Double Trouble in Recovery should remain forever nonprofessional, but our service centers may employ special workers.
9. Double Trouble in Recovery, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Double Trouble in Recovery has no opinion on outside issues; hence the DTR name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.



## The Role of Sponsorship

In Double Trouble in Recovery (DTR), a sponsor is someone who meets with newcomers and shares how he or she maintains sobriety and mental health by working the Twelve Steps. The sponsor's primary tools are personal experience, strength, and hope. A sponsor is someone we can trust and with whom we can share our life experiences, both good and bad, and even our darkest secrets.

### Why Get a Sponsor?

Addiction and substance abuse is so cunning and baffling that at times we need personal guidance. Our mental health can be quite difficult to maintain as well. We might need someone to talk to about what is going on in our recovery—someone who has been where we are today and who lives on a level to which we aspire. A sponsor can help us when we are on shaky ground and need a helping hand.

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## Finding a Sponsor

To find a sponsor, look for DTR members who take care of themselves, have a firm grasp of the Twelve Steps, and are willing to help other people who live with a dual diagnosis. Though the length of time in recovery is an important factor, it is not the only mark of a successful sponsor. Equally important are understanding, patience, willingness to devote time to new members, and ability to act as a living example that DTR works. Pick someone who has some of the qualities you would like to develop in your recovery. Only you can decide what is best for you.

It is strongly suggested that you find a sponsor of the same gender. This person can help you better understand problems related to romantic relationships and sexuality. Look for someone who is skilled at listening, willing to talk about feelings, and nonjudgmental.

You may want a sponsor who shares your history of drug use or even the same diagnosis, although that is certainly not a must. Many of the problems we struggle with cut across substance and diagnosis.

Look for someone who will keep what you say in confidence. Equally important is someone who can be objective and will not be hurt by what you share about yourself and about your past. For that reason, it is strongly suggested that you do not pick a partner, spouse, close friend, or relative as a sponsor or sponsee.

When you find the person you would like as your sponsor, approach this person and explain to him or her what you are trying to do and why. Most people will be willing to help.

## The Role of the Sponsor

The sponsor ensures that you never have to go it alone. When you have any question about the DTR program, know that you can look to your sponsor. This person can help you go beyond attending meetings, keep an open mind, understand Twelve Step literature, and actually work the Steps.

A sponsor never imposes personal views on religion or a specific definition of God or a Higher Power. He or she never claims to have all the answers, never hesitates to encourage the newer member to seek expert help, and never interferes with a medical treatment plan. When faced with treatment questions, a sponsor encourages a sponsee to consult with a professional.

## Staying in Touch with Your Sponsor

It is your responsibility to keep in touch with your sponsor outside of meetings, whether by phone, e-mail, or face-to-face meeting. It is strongly suggested that you speak with your sponsor daily, even if it is just to say, “Hi, I’m okay today.” This is especially important early on in your recovery. Beyond this, you and your sponsor can choose how to meet as the relationship and your needs change over time.

Do not take a sponsor’s word as law. If a sponsor’s idea sounds strange or unclear, ask questions. If there is a continuing problem, always feel free to find another sponsor.

## Learn More

For additional information about DTR, please visit [www.hazelden.org/dtr](http://www.hazelden.org/dtr).

## The Twelve Steps of Double Trouble in Recovery

1. We admitted we were powerless over our mental disorders and substance abuse—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other dually diagnosed people, and to practice these principles in all our affairs.