

## **Frequently Asked Questions- Step Study**

### **1. Is it important to have a Facilitator for the Group and what is the role of the Facilitator?**

It is not essential to have a facilitator, however the facilitator is someone who helps a group of people understand their common objectives and assists them in this process. The facilitator prepares folders, coordinates logistics of the group and moderates the meeting.

### **2. Does the Facilitator function as a sponsor?**

It would depend on the facilitator to set her/his boundaries. The suggestions are that the group co-sponsors each other or each person seek their own sponsor.

### **3. What are the requirements to be a facilitator?**

None, only the willingness to do service for the still suffering codependent, it would be helpful or ideal if the person has been through the 12 Steps and 12 Traditions, however it is not necessary.

### **4. Our group would like to start a 12 Step Study, however there is no one that has been through the 12 Steps and 12 Traditions. Is this advised?**

A group can still move forward with starting a Step Study by following the suggestions laid out in this process to work the Twelve Steps and Twelve Traditions.

### **5. Are the participants encouraged to have sponsors?**

It is encouraged that participants find a sponsor when they are ready or Step Study group members may co-sponsor one another.

### **6. How does Co-sponsorship work?**

Please review the pamphlet on "Sponsorship in CoDA".

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**7. If the participant does elect to have a sponsor, what is the role of the sponsor since the participant is going through the 12 Step Study with the 12 Step Study Group?**

The Sponsor and Sponsee would come to an agreement of how this relationship would work. Please review the pamphlet on "Sponsorship in CoDA".

**8. Can participating in the 12 Step Study be effective without a sponsor?**

Yes through the agreed co-sponsorship of the participants of the Twelve Step Study.

**9. What are the benefits of teleconference groups?**

- Convenience - you can teleconference from your car or anywhere
- No room rental
- Shorter time commitment because it involves no travel time

**10. What are the benefits of Face-to-Face groups?**

- You are in the same room and have the personal bonding experience.

**11. At what point do you stop accepting new participants?**

A general suggestion would be the 12 Step Group would close after the end of step two and the latecomer would have to do Step one and Step two to catch up. The other option is that the Step Group members can decide through Group Conscience when to close.

**12. What is the suggested size of the group?**

Up to five people (four participants and one facilitator)

**13. Is there a time limit on talking?**

Have a Group Conscience to determine time limits in general and how long each person can speak.

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