

How To Live in Recovery Program
Suggestions For Being a Good Buddy
buddyprogram2@gmail.com

1. What Is a Buddy?

1. You have the unique opportunity to help a How to Live in Recovery (HLR) program participant focus on completing their weekly homework so that they can practice their new skills before each group call.
2. You will guide your participant to stay focused on “the solution” including the weekly homework, tools and support materials.
3. It is not your job to talk about personal issues that are not relevant to their homework completion, but this often comes up from participants.
4. Specific questions about food or how to work their program should be directed to their sponsor.
5. Your buddy call is not an outreach call. The goal is to ensure your participant is focused on their homework.

2. Before Agreeing to Become a Buddy

1. Weigh and measure your commitments and do service as a buddy, only when you can.
 - A. Am I practicing exquisite self-care and working with a sponsor while I am doing this service?
 - B. Am I doing all my tools and support materials everyday or am I putting my program at risk?
 - C. Can I weigh and measure my time while being a buddy?
 - D. Do I understand that some participants will have trouble focusing on homework?
 - E. Do I understand that some participants will be more ready to quit than to persevere and that my goal is to encourage them to stick it out to the end, even if they are not perfect?
 - F. Can I help them look for the small successes in life and in program?

3. What Training is Available to me?

We want our buddies to have the most up-to-date documents and training.

A. Week 11 Buddy Training Call.

- All graduates of the HLR are invited to take this training at the end of their 10-week group.
- Anyone who is already a buddy and desires new training can also attend this call.
- Go to the website: www.howtoliveinrecovery.org for information about the Buddy Training.

B. Buddy Check-In Conference Call

- We offer this call 4 times a year.
- On this call, members of the Buddy Team will introduce new documents or new procedures.
- This check-in call also will cover the successes of being a buddy and problem-solves issues that are common to being a buddy.
- **All buddies are required to attend at least 1 Check-In Calls each year to remain on the list.**

4. How to Get on the Buddy List

- A. **After you have completed the Week 11 Buddy Training you must return to the website to register for the list. www.howtoliveinrecovery.org**
- B. **Go to Registration and then go to the Buddy section**
- C. **Click on Register to be on the Buddy List**

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5. How Many Participants Should I Take?

1. We recommend that you start with 1 and add 1 more for a maximum number of 2.
2. If you have additional time in your day, you can consider adding 1 more.

6. Getting Started With Your Participant

1. Once you have agreed to be a buddy, schedule 2 pre-calls.

NEW: We have added a get Ready Week that will be held 1 week before the group starts. This is an optional call for anyone who need help with printing, downloading, finding a buddy, etc..
You do not need to attend this call.

A. The 1st Pre-call should happen as soon as you become their Buddy.

- Have your participant print the documents from the website:
The documents are now separated, allowing for 2-sided printing.
 - a) The Phone Number and Group Information (3 pages)
 - b) The Weeks 1-10 Homework (61 pages)
 - c) **NEW The Recovery Support Sheets (87 pages)**
 - d) The Buddy List (1 page)
 - ❖ The Participant Phone List will arrive via email.
- **Have your participant download 2 media files from the website:**
 - a) Binder Set Up Video to use in Week 1 AND PUT THEIR BINDER TOGETHER.
 - b) Is Food Addiction Really a Disease Audio to use in Week 2
 - c) Your participant may need help with the technology to do these tasks.

B. The 2nd Pre-call should be at least a week BEFORE their 1st group call.

- Read the highlighted sections of the Phone Number and Group Information to your participant
- You are invited to attend the 1st HLR call with your participant. This is not required of you but it would be a nice gesture and will only take 30 minutes of your time, not the whole call
- You will be asked to tell the group 1 thing you learned when you took the HLR and 1 piece of advice for the new participants.
- Your participant should plan a 30-second self-introduction that includes their name, where they live, who their buddy is and what they hope to gain from this group.

2. Then, you will set up 2 weekly 15-minute calls

A. The 1st weekly call should be a day or so AFTER their group call.

- Use the Buddy Call Notes and Homework Tips and Answer questions about the homework.

B. The 2nd weekly call should be a day or so BEFORE their next group call

- Make sure they have completed the DID YOU? checklist.
- Make sure they have planned for their 2 Weekly Shares.

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7. Return EVERY Call From Participants Looking For a Buddy!!!

1. Reply to everyone that contacts you to be their buddy and let them know if you are available or not. Struggling food addicts need to feel that someone is listening to them.
2. Participants make up untrue stories in their minds about why they are not getting returned calls. Many have previously had negative, judgmental experiences and are very sensitive.
3. Be especially loving and compassionate to struggling food addicts so they will feel valued. Remember how hard it was for you to call someone you did not know and ask them to be your buddy.
4. If you are not available, suggest they continue calling people until they find a buddy.

8. Communicating With Your Buddy

1. You have offered to be of service as a buddy, so be available and communicate with your participant.
2. Participants think they have done something wrong when you don't answer or return their call.
3. When your buddy does not call you at the agreed upon time, call them immediately or text them.
4. Practice being available and show loving-kindness and compassion on all of your calls.
5. Instead of focusing on problems (personal, abstinence problems, etc) stay focused on the solution **(completing the homework)**.
6. Draw on your own homework experience to help them with any obstacles they face.
7. When you cannot take a call, let them know immediately.
8. If you know that you will miss numerous calls, suggest that your participant get another buddy. It is only fair to let them know.

9. What if an Issue Arises?

1. When questions about the HLR Program arise that you cannot answer:
 - Tell your participant that you will check with someone from the HLR Program and get back to them and then email buddyprogram2@gmail.com for advice.
 - When issues not a part of the HLR Program arise, encourage them to get the advice of their sponsor.

10. What To Do If Your Participant Wants To Quit?

1. Share your experience being in the HLR Program and how it has helped you.
2. Encourage your buddy to try outreach calls to the group participants to build connections and share common experiences.

11. What To Do If You Can No Longer be a Buddy

1. Let your participant know that they will need to find another Buddy.
2. Contact us (via the website) and we will remove your name from the Buddy List.
3. Let us know when your situation changes and you can do this service again.

12. Thanks For Helping the HLR Program By Being A Buddy

After your participant completes the 10-week group, you are done being their buddy and can take another. Consider using your participant as an outreach call after their group is done.