

StepSponsorDA

Free conference call back up number 701 779 9003; Access 741603# (the same) - in case you need another number for our call.

Topic 16: Continued to Take... Step 10

[These are pages from the 'GreenBack Book Study Guide to Existing D.A. Literature. 2019 edition']

10. Continued to take personal inventory and when we were wrong promptly admitted it.

READ ALOUD Suggested Big Book Passages to read aloud together with your sponsor/study partner: Step 10 AABB p 84:2 - p 86:1

READ ALOUD: Step 10 The DA Pamphlet "The Twelve Steps of DA."

SUPPLEMENT - READ ALOUD with a partner, if time - Step 10 The DA Book *The Twelve Steps, Traditions and Concepts of Service of Debtors Anonymous*. (aka 36 Principles)

READ ALOUD Suggested Big Book Passages to read aloud together with your sponsor/study partner: Step 10 AABB p 84:2 - p 86:1

AABB Step 10 Explanation: p 84: 2 (1-8)

Tenth Step Process: p 84: 2 (8-14)

Tenth Step Promises: p 84:3 - p 85:0

Tenth Step Questions: pg. 86: 1 (1-14)

STEP TEN (AABB P 84-86) Discussion questions:

- 1. Can I be casual about taking this Step?**
- 2. WHEN am I to begin to take Step Ten?**
- 3. What have I entered?**

4. What is my next function to be?
5. How long must I continue to apply this Step to my daily life?
6. WHAT do I watch for? (What Step?)
7. WHEN one of these appears, what is the 1st thing I am to do? (What Step?)
8. WHAT is the next thing I am to do? (What Step?)
9. Then WHAT might I need to do? (What Step?)
10. And lastly, with a determined effort, what am I to do? (What Step?)
11. WHAT is the 1st PROMISED result?
12. WHAT other results am I PROMISED? p 84:3 p 85:0-2
13. What are the Tenth Step PRAYERS? p 84:2 p 85:1-2 p 86:1
14. WHAT ARE THE "MUST'S"

*This is what we discuss with our sponsors/partners each day in our daily DA call. Step 10 is Steps 1-9 applied to all life's problems.

*Add Step 10 with regular inventory & amends to your daily action assignments

SHARE: DO YOU DO A REGULAR DAILY STEP 10?

HOW DOES IT BENEFIT YOU?

WHAT HELPED YOU OVERCOME RESISTANCE?

WHAT STEP 10 PROMISES HAVE YOU REALIZED?

READ ALOUD: Step 10 The DA Pamphlet "The Twelve Steps of DA."

SUPPLEMENT - READ Aloud with a partner, if time - Step 10 The DA Booklet *The Twelve Steps of Debtors Anonymous*" or the DA Book (12x12x12 or 36 Principles)

What DA Tools do these texts suggest we do on a daily basis?

What DA Tools are suggested on a regular basis?

ACTIONS

NOW YOU ARE FINISHED WITH THE STEP 4 WRITING, CALL AND MAKE YOUR APPOINTMENT AND

GIVE YOUR 5th STEP AWAY.

AFTER GIVING AWAY YOUR 5th STEP, TAKE STEPS 6 & 7 in PRAYER

MAKE YOUR 8th STEP AMENDS LIST

- START WITH THE INDIVIDUALS AND INSTITUTIONS FOUND ON YOUR STEP 4 "HARMS AND RESENTMENTS" INVENTORY.
- ADD OTHER AMENDS TO THIS LIST AS THEY COME UP.
- PRAY FOR WILLINGNESS TO MAKE AMENDS TO THEM ALL.
- START MAKING THE LOW STRESS AMENDS.
- START NIGHTLY 10th STEP WORK BY READING AABB p 84:2 OR 86:1.

ACTIONS carried over from previous sessions:

REVIEW the Action List from the previous session. Be current with that before going on to this week's Action List. *It is absolutely OK, really advisable, to pick up where you left off.*

PRAYER CARDS

- On individual 3x5 cards, put each of the 3 daily prayers; consider making several sets - One set for by the bed, one for your wallet, your desk, vanity mirror, car or other place you frequently look.
- Add the resentment, fear and harms prayers to your prayer cards.
- Add the 6th Step Prayer for willingness and the 7th step prayer for the character defects to be removed to your prayer cards
- Add the Step 8 & 9 prayers for willingness to make amends to all persons harmed
- Add the 10th Step Daily Prayers to your cards.
- Spend some time on the action items in this study each day as you can, at least 15-20 min, or more. *Let whatever amount of time you have be good enough. Keep coming back.*

DAILY

- One Day at a Time Abstain from New Unsecured Debt (consider setting a date for your last unsecured debt or your DA Birthday).
- Call a DA member. Ask for support maintaining your DA program work, especially 4th step writing
- Read from a piece of DA or AA Literature
- Answer the study questions as indicated
- Keep a spending record as you spend
- Every morning: Pray for willingness to work your DA program
 - Pray the Serenity Prayer
 - Pray BOTH the Third Step Prayers, AA's p 63 and DA's p 19
 - Pray the resentment, fear and harms prayers as needed, as they apply.
 - Pray the 6th Step Prayer for willingness

- Pray both 7th step prayers for the character defects to be removed (AABB p 76:2; DA 12x12x12 p 33)
- Pray for willingness to make amends to all those you have harmed (AABB, p 76:3)
- As you make ongoing amends keep praying the STEP 9 PRAYERS IN THE AABB: (BB p 79:1) (BB p 80:1 & 4) (BB p 82:1) (BB p 83:1)
- Pray these all through the day and consider carrying your prayer cards with you.
- Make appointments and begin making your low stress amends
- Take Step 10 before bed on a nightly basis, w/ PRAYERS in AABB (p 84:2, p 85:1-2, p 86:1)

Spend some time on the READINGS in this study each day as you can, at least 15-20 min or more. *Let whatever amount of time you have be good enough. Keep coming back*

WEEKLY

- Attend at least one solution-oriented DA meeting - listen for the DA concepts
- At your meeting, share only solutions and only if you have experience doing the work of the meeting topic. If you do not have a solution to share, listen for program-working members of your meetings and ask for their phone numbers or email addresses
- GET A DA sponsor or DA phone study partner
- Ask for support maintaining your DA program work

Next: _____

Topic 17: Step 11- Conscious Contact

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.

READ ALOUD: AA Big Book pp 86:2 - 88

READ ALOUD: Step 11 The DA Pamphlet "The Twelve Steps of DA."

SUPPLEMENT READ if time: Step 11 in The DA Book *The Twelve Steps, Twelve Traditions and Twelve Concepts of Debtors Anonymous*.

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