

StepSponsorDA

Topic 30: "Continue to..." - DA on a Daily Basis

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

Here is a checklist, lifted from the suggested conference approved literature, of actions to take on a DAILY and REGULAR basis to keep your DA program strong and practice these principles in all your affairs.

READ ALOUD The handout that follows the reading list, entitled: **SUGGESTED STEP 10 WORK - DA SHORT FORM Step 10 on-going inventory**
READ ALOUD 'The **DAILY ACTION ASSIGNMENTS GOING FORWARD**'

RE READ ALOUD, if time: **Step 10 The DA Pamphlet "The Twelve Steps of DA."**

RE READ Aloud with a partner, if time – **Step 10 The DA Book** *The Twelve Steps, Traditions and Concepts of Debtors Anonymous.*

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

What DA Tools are suggested on a regular basis?

RE-READ ALOUD with a partner, if time **Suggested Big Book Passages** to read aloud together with your sponsor/study partner: **Step 10 AABB p 84:2 - p 86:2**

***This is what the handout 'STEP 10 WORK - 3 BRIEF CHOICES FROM THE BIG BOOK is based on' (see below) - 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.**

ACTION

***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?

SUGGESTED STEP 10 WORK - DA

SHORT FORM Step 10 on-going inventory

DA Daily/Regular INVENTORY QUESTIONS FOR EMPLOYED

DID I:

Start my day with prayer and meditation? (Do a daily step 11 conscious contact with a Higher Power? SUGGESTED – EVERY MORNING)

Abstain from new debt?

Spend money today?

Record my numbers?

Compile my numbers?

Read AA/DA Literature?

Practice spiritual step work?

Use the phone or internet for recovery support?

Do a daily step 10 inventory with prayers to amends?

Do a daily step 12 practice? (Do DA Service?)

Spend within a plan?

Did I take action in the direction of at least one of my goals or visions?

Eat 3 meals, Drink 6 waters and take an action in the best interest of my body?

Attend a DA meeting?

Had a PRG? OR Have/schedule regular PRG's?

Retire debt within plan?

STEP 10 WORK - 3 BRIEF CHOICES FROM THE BIG BOOK

***DA Step 10 Option A based on p 84:2 in the AA Big Book**

What mistakes did I make which need to be set right?

Have I vigorously embraced this way of living and cleaned house today?

How did I enter the world of Spirit today?

How did I grow in understanding and effectiveness today?

Was I selfish, dishonest, resentful or fearful today?

If so, did I ask God to remove these character defects?

Did I discuss this with someone immediately?
If harm was caused, did I make amends quickly?
Did I turn my thoughts and actions towards someone I can help?
Was love and tolerance my code?

Today, did I cease fighting anything or anyone, including my addiction? Am I losing interest in acting in addiction?

Do I experience being placed in a position of neutrality towards my addiction without having to fight to avoid temptation?

Have I acted to maintain my fit spiritual condition?

Do I experience a daily reprieve from my addiction?

Did I use my will power to carry the vision of God's will into all my daily activities?

Did I ask my HP: "how I can best serve Thee and Thy will be done?" (Pray)

Did my thinking today grow towards gratitude, honesty, authenticity and humility?

Three kind things I said to myself are:

***DA Step 10 Option B based on p 86:1 in the AA Big Book**

When I retire at night, do I constructively review my day?

Was I selfish, dishonest, resentful or afraid today?

Do I owe an apology?

Have I kept something to myself that should have been discussed with another person at once?

Was I kind and loving to all?

What could I have done better?

Was I thinking of myself or what I could do for others and contribute into the stream of life?

Did I drift into worry, remorse or morbid reflection or diminish my usefulness to others?

Did I PRAY, or ask God's forgiveness and pray to be shown what corrective measures should be taken?

Did I commence to take action on the corrective measures?

Did my thinking today grow towards gratitude, honesty, authenticity and humility?

Three kind things I said to myself are:

***DA Step 10 Option C based on p 63:2 – p 70 in the AA Big Book**

(Write mini 4th step columns with prayers regarding ONE OR TWO events of the day using these column headings:)

4th Step RESENTMENTS COLUMN HEADINGS From AA Big Book pp 64 thru 67

RESENTMENTS CAUSE AFFECTS MY PRAY MY PART/MY DEFECTS

4th Step FEARS COLUMN HEADINGS From AA Big Book PP 68

FEAR WHY TRUSTING/Believing in _____ instead of God PRAY Without fear,
God's role for me is to be

4th Step HARMS BETRAYALS SHORT FALLS of CHOSEN IDEALS AA BB pp 69:1 – 70:0-2 SAMPLE SEX/HARMS/SCREWED COLUMN HEADINGS IN SEQUENCE

<i>Where was I</i> S=Selfish D=Dishonest I=Inconsiderate	<i>Whom did I harm?</i>	<i>Did I unjustifiably arouse:</i> J=jealousy S=suspicion B=bitterness	<i>Where was I at fault?</i>	<i>What should I have done instead?</i>	THEN PRAY: <i>2 prayers p 69</i> <i>1 prayer p 70</i>
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CONTINUE DAILY ACTION ASSIGNMENTS GOING FORWARD:

· 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, keep each of the daily prayers; keep several sets - One set for by the bed, one for your wallet, your desk, vanity mirror, car or other place you frequently look.

These Daily Prayers include:

- Serenity and Step 3 prayers of AA/DA
- Step 4-5 resentment, fear and harms prayers
- 6th Step Prayer for willingness and the 7th step prayers of AA/DA for the character defects to be removed
- Step 8 & 9 prayers for willingness to make amends to all persons harmed
- 10th Step Daily Prayers.
- 11th Step Daily Prayers

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 10th step writing
- Read from a piece of DA or AA Literature, **including material on the traditions**
- Answer the study questions as indicate
- 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. **AABB pp 67, 68, 69-70**
 - **Pray the 6th Step Prayer for willingness AABB p 76:1**
 - **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).**
 - **Read pp 86-88 in the AA Big Book every morning.**
 - **Pray the 11th Step prayers every morning, BB pp 86-88**
 - Continue meditation with your **morning prayer time**
 - Pray these prayers all through the day and consider carrying your prayer cards with you.
 - Add a variety of spiritual practices, one at a time, as your Higher Power Guides you to do so.

EACH EVENING:

- CONTINUE NIGHTLY 10th STEP WORK BY READING AABB, p 84:2 OR 86:1
 - Take Step 10 inventory before bed on a nightly basis
 - Pray the 10th Step prayers every night.
 - Consider record compiling of your income and expenses, if not nightly, then weekly.
- 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.**

FREQUENTLY: MAKE AMENDS

- CONTINUE TO REVIEW YOUR 8th STEP AMENDS LIST,
- ADD OTHER AMENDS TO THIS LIST AS THEY COME UP,
- PRAY FOR WILLINGNESS TO MAKE AMENDS TO THEM ALL, (BB p 79:1) (BB p 80:1 & 4) (BB p 82:1) (BB p 83:1).
- *CONTINUE MAKING AMENDS FROM YOUR STEP LIST*

HAVE ADDITIONAL PRESSURE RELIEF MEETINGS. (PRM's)

ACTION PLAN AND SPENDING PLAN

- WHEN DOING YOUR NUMBERS, AS FEELINGS AND FEARS MAY COME UP, REVISIT THE STEPS 4-7 (AA Big Book pp 64-71)
- USE PRAYER AND BOOK ENDING PHONE CALLS TO GAIN SUPPORT TO FOLLOW THROUGH WITH YOUR PRESSURE RELIEF MEETING ACTION PLAN AND SPENDING PLAN
- BUSINESS DEBTORS: If you are self-employed or own a business, KEEP two or more separate sets of spending/income records: one for personal and one for each business endeavor. If possible, try to find a business owner to participate in your PRG.
- AFTER YOUR PRM's AND AFTER PRAYER TIME, REVIEW YOUR SPENDING PLAN, and look for discretionary money, and form a realistic debt repayment plan, **spending plan and action plan to fund and realize your visions.**
- **RE-READ** the Step 9 promises! AABB p83:4-84:0 and the 12 Promises of DA

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.
- CALL your DA sponsor or DA phone study partner or another DA member.
- Ask for support maintaining your DA program work and **following through on your action plans.**
- Share in meetings your availability for sponsorship, phone calls.
- If you have a sponsee or temporary sponsee, take them through the DA/AA literature.
- Consider using the latest edition of this study guide.
- ASK at your meeting, for 2 members to be part of your **regular PRG.**

- **Weekly or monthly, take your entries from your daily spending record and compile them into categories. Look at these running totals against your spending plan, debt retirement and visions or action plans.**

ALLOCATE CONTRIBUTIONS: in your Spending Plan, make a line item for donations, especially 7th tradition donations to your DA meetings, inter group & world service office. If your means are limited, start with a penny and a prayer and ask your Higher Power what you can contribute, one day at a time. The experience of contribution is a powerful tool of recovery that shifts consciousness out of poverty into abundance.

VOLUNTEER for a trusted servant position in your home group and/or this study workshop

PRM's: PLAN Monthly or Quarterly ongoing PRM's for yourself, to continue refining your spending and action plans. **AFTER PRAYER TIME:** Review the amounts for allocation of debt retirement **and funding visions you intend to bring forward.**

ACTION PLAN

- **ACTION ON YOUR VISIONS:** Daily, weekly or monthly, follow through on Action Plan items made in your PRM's or visioning sessions.

PI (PUBLIC INFORMATION)

- **Commit to at least one outreach effort a month**
- Download and read the **DA Public Information Manual Starter Kit**.
- Make at least **one outreach effort a month**. Share what that has been like and what were the results.

At Meetings carry *this* message:

- **DO** At your DA meeting, commit to sharing the solution: your experience, your strength and your hope as to *how* you stay abstinent, work the steps, use prayer and meditation to expand your spirituality, use the tools and maintain your recovery, **AND WHY** all of that is beneficial.
 - **DON'T** At your DA meeting, refrain from venting, confessing what you are not doing or sharing on outside issues. If you have an addiction other than compulsive debting, if you are not abstinent, or are not living the steps, refrain from rationalizing or sharing excuses why you are not doing the DA program. Save that for one-on-one phone calls to your sponsor or other trusted member of your DA posse. Also, even if others share confessions, **YOU** avoid co-miseration.
 - You are not at meetings to talk about yourself, you are there to be helpful.
 - Share less how you are feeling and share more how you are changing.
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- If you have no solution to share, just gently listen in meetings, absorb the DA concepts and ask briefly for specific help and prayers at the meeting's end.
- Carry this message to the meeting and save the mess for your sponsor.
- Celebrate anniversaries of length of abstinence. Only pick up birthday chips for amount of time *abstinent* from incurring new unsecured debt.
- At meetings state your availability for phone calls, PRG's and sponsorship.
- However your Higher power guides you, take on a small service position in your group.

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NEXT TOPIC: NEW SESSION BEGINS JANUARY 1, 2020
TOPIC 1, Signs and Symptoms of Compulsive Debting and Getting Started

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