

StepSponsorDA

Topic 24: Awareness and Recovery from Compulsive Spending

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

Read: The DA Pamphlet “Awareness”

Read: The DA Pamphlet “Recovery from Compulsive Spending”

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 4th step writing
 - Read from a piece of DA or AA Literature, including material on the traditions
 - If you have a sponsee, invite then to read aloud with you during your reading time.
 - Answer the study questions as indicated
 - Keep a spending record as you spend
 - Every morning: Pray for willingness to work your DA program
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- Pray the Serenity Prayer
- Pray BOTH the Third Step Prayers, AA's p 63 and DA's p 19o
- 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).
- 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 - try for 5-20 minutes but start at 1 minute if that is your best. Try to add meditation minutes each day until you are regularly at 20 min per day. Add a variety of spiritual practices, one at a time, as your Higher Power guides you to do so.

Pray these prayers all through the day and consider carrying your prayer cards with you.

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.

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**
- **CONTINUE MAKING AMENDS FROM YOUR STEP LIST**

HAVE ADDITIONAL PRESSURE RELIEF MEETINGS. (PRG'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 P 64-71).
- USE PRAYER AND BOOK ENDING PHONE CALLS TO GAIN SUPPORT IN FOLLOWING 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 be 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 p 83:4-84:0 and the 12 Promises of DA

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.
- 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 against your spending plan.

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.

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, pray and follow through on Action Plan items made in your PRG's or visioning sessions.

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 commiseration.
- You are not at meetings to talk about yourself, you are there to be helpful.
- 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 service position in your group.

NEXT TOPIC 25: ORIENTATION FOR NEWCOMERS

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