

# StepSponsorDA

## Topic 4: Record Keeping + Beginning Numbers

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

### READ the DA Pamphlets: "Record Keeping" DA "Monthly Record Keeper"

To Do: Obtain a Small Notebook for record keeping

### QUESTIONS:

- How has keeping your numbers as you spend helpful to you?
- If you feel resistant, or forget, what helps you stick with record keeping?
- If you have sponsees, how do you help them with record keeping?

### ACTIONS

- We each buy some sort of small notebook for the tool of daily spending record keeping.
- DA publishes a Tool pamphlet entitled "Record Keeping"
- DA also publishes a small notebook: "DA Monthly Record Keeper."
- This booklet has space to record daily one month of records. We suggest trying the DA version for one month to see what it is like.

Some of us use the DA version entitled "Monthly Record Keeper", and others just use any small notebook. If more guidance is needed, these booklets are for sale on the DA website: [www.debtorsanonymous.org](http://www.debtorsanonymous.org).

- We write all spending down as we spend it. We observe, don't judge.
- We find it does not work as well to keep ATM or other receipts and then enter them into a book or electronic device at the end of the day.
- Keeping the written spending record as we go along gives us a small pause each time we spend, putting the act of spending into consciousness.
- Many of us find that cash only, rather than using a bank debit card, is most effective in bringing spending out of unconscious impulse and into consciousness. We find operating on "cash only" very liberating.
- Others of us burn through our cash and do better with a bank or debit card.
- We keep our record keeper simple, small & easy to carry with our money or form of payment.
- A zipper pouch or zipper wallet may be useful for this.
- If we forget, we resume immediately. We remember progress not perfection.
- If we are resistant, we pray to our higher power for willingness to persist with this tool.

## **ACTIONS SO FAR 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
- OBTAIN ALL LITERATURE & OTHER ITEMS ON THE READING LIST if you have not done so
- Free Downloads may be obtained from [www.debtorsanonymous.org](http://www.debtorsanonymous.org). Choose the menu on the home page entitled "Getting Started." Then select "Free Literature."
- Other paper pamphlets may be ordered by contacting the DA world service office from the DA website [www.debtorsanonymous.org](http://www.debtorsanonymous.org). Click the menu: "Fellowship Services." Then choose "Order Literature"
- Read from a piece of DA or AA Literature
- Start keeping a daily spending record as you spend
- Pray for willingness to work your DA program (DA Bookmark Prayers)
- 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***

## **WEEKLY**

- Attend at least one solution-oriented DA meeting - listen for the DA concepts
- Listen for program-working members of your meetings and ask for their phone numbers or email addresses
- Ask around your "Home" meeting for a sponsor or DA phone partner

## **UP NEXT TOPIC 5 BEGINNER'S LITERATURE OBTAIN FOR NEXT SESSION THE FOLLOWING BEGINNER'S LITERATURE:**

DA Pamphlet: AA Literature (a free download from the DA website)

DA Pamphlet: Sponsorship (a free download from the DA website)

DA Pamphlet: The Telephone & Internet

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**Next Topic**

**Topic 5: More DA Beginners Literature**

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# **AA Literature - Telephone & Internet - Sponsorship READ**

## **Readings to discuss:**

DA Pamphlet: AA Literature (a free download from the DA website)

DA Pamphlet: The Telephone & Internet

DA Pamphlet: Sponsorship (a free download from the DA website)

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