

# ***StepSponsorDA***

***Free conference call back up number 701 779 9003; Access 741603# (the same) - in case you need another number for our call, such as hearing a busy signal.***

## **Topic 19: The Numbers - One Approach - Record Compiling and Preparing for PRM**

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

- **Read DA Pamphlet: “The Numbers: One Approach”**
  - **COMPILE Daily Records into Categories** – each tool and step can be thought of as a spiritual principle and its corresponding numerical task. Although we are using financial numbers instead of words, when compiling, we are making a list (inventory) of our spending.
  - **TAKE STOCK** - a form of Step 4. The same way our 4<sup>th</sup> Step inventory uncovers character defects to be offered to God, so do our numbers compiled in columns and categories from our spending record. As we compile our spending into categories, and we see clearly where our money goes, many of us have feelings; about this process, and our past behavior.
  - **BOOK-END** – If this task feels daunting, use the tool of the telephone and call a DA member before and after your compiling session. Pray together for willingness. If you get stuck, make an appointment with a DA member and get together to do your compiling. Human contact can be helpful and reduce the fear.
  - **PRAY** – if you have never done this before, we find it to be especially useful to keep asking God for help in letting go of perfectionism. Some of us find it helpful to begin with the 3<sup>rd</sup> Step prayer (AA BB p. 63) recommitting to turning our will power and lives over to the care of God, as we understand God
  - **REVISIT STEP 4:** As you look at your numbers, if you feel stuck, angry, upset, scared, ashamed or guilty, deal with those thoughts and feelings by *briefly* revisiting and
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taking steps 4-7, in mini form, only on the subject of your Numbers

- **While Compiling, we may refer to Steps 4 and 5, AABB pp 64-84:**
  - If obsessive thoughts or anger at self or others is experienced, it can be useful to go to the AABB, pp 64-67, revisit the resentment process and pray the resentment prayers, for ourselves and others.
  - If fear is experienced while looking at our spending & debting behavior, it can be useful to go to the AABB p. 68, revisit the fear inventory and pray the fear prayer. p 68:3
  - And last, if looking at the numbers brings up guilt, betrayal or issues of harmful interpersonal conduct, even if it does not involve sex, it can be helpful to go to the AABB, pp 69-71, revisit that process and pray the harm or relational prayers, for ourselves and others. p 69:2-3, p 70:1-2
- **Simplify – "The Numbers: One Approach" pamphlet can help us start to do the compiling, at least, on plain paper (no need for handouts, copiers, or computers or special computer programs!). Technology is fine but not essential. Avoid using the lack of electronic devices or the inability to master a bookkeeping program as an excuse to resist the step. Grab a pencil and JUST DO IT!**
- **NOTE for Business Debtors (BDA): if you are self-employed or own a business, make two or more separate spending records: one for personal and one for each business endeavor. We business debtors have found that if we own more than one business or earn from multiple freelance projects, it best supports clarity to have separate bookkeeping for each endeavor. That way, we know that each enterprise is genuinely a profitable business and not a hobby.**

## **ACTIONS**

- **Compile at least a month of income and expenses in preparation for a Pressure Relief Meeting.**
- **As feelings and fears may come up, revisit the Steps 4-7 in the AABB pp 64-71.**
- **Use prayer and book-ending phone calls to gain support in following through with your compiling**

**BUSINESS DEBTORS: If you are self-employed or own a business, make two or more separate sets of spending/income records: one for personal and one for each business endeavor.**

## **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 another 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 of AA/DA 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.
- **Add the 11th Step Prayers to your cards.**

## **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 the willingness to work your DA program
- o Pray the Serenity Prayer
- o Pray BOTH the Third Step Prayers, AA's p 63 and DA's p 19
- o Pray the resentment, fear and harms prayers as needed, as they apply.
- o **Pray the 6th Step Prayer for willingness**
- o **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)
  - **CONTINUE TO REVIEW YOUR 8th STEP AMENDS LIST**
  - **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)**
  - Make appointments and begin making your low to medium stress amends.
  - **Read pp 86-88 in the AA Big Book every morning.**
  - **Pray the 11th Step prayers every morning AABB pp 86-88.**
  - Pray these all through the day and consider carrying your prayer cards with you.
  - **Meditation - 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.**

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- Take Step 10 inventory before bed on a nightly basis w/ **PRAYERS in AABB** (p 84:2, p 85:1-2, p 86:1)
- Add other amends to this list as they come up
- Pray for willingness to make amends to them all

### **Continue meditation with your morning prayer time.**

- 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
- **Share in meetings your availability for sponsorship**
- **If you have a sponsee or temporary sponsee, begin taking them through the literature. Consider using the latest edition of this GreenBack Book Study Guide.**

### **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.**
  - **If you have no solution to share, just gently listen in meetings, absorb the DA concepts and ask briefly for specific help at the meeting's end.**
  - **Carry this message to the meeting and save the mess for your sponsor.**
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- Celebrate anniversaries of length of abstinence. Only pick up birthday chips for amount of time *abstinent* from incurring new unsecured debt.

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**NEXT TOPIC**

**TOPIC 20: Pressure Relief Groups & Pressure Relief Meetings**

**READ: DA Pamphlet, "Pressure Relief Groups and Pressure Relief Meetings"**

**RE-READ: AABB p 63 Prayer, pp 75-76 and p 59**

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