

# *StepSponsorDA*

## **Topic 20 - Pressure Relief Groups & Pressure Relief Meetings**

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

**READ: DA Pamphlet, “Pressure Relief Groups and Pressure Relief Meetings”**

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

### **PRESSURE RELIEF GROUP MEETING**

**READ: DA Pamphlet, “Pressure Relief Groups and Pressure Relief Meetings” (most recent, 12/2015, same content, slight changes in formatting)**

### **TALKING POINTS:**

**What is a Pressure Relief Meeting**

**What are the usual purposes of having a PRM?**

**What does the pamphlet caution us a PTM is NOT?**

**Name 3 factors in selecting our Pressure Relief Group (PRG) members.**

**Read/ Review the rest of the text of the DA Pamphlet: Pressure Relief Groups and Pressure Relief Meetings and answer each headline question in one of the two SUPPLEMENTS (below).**

*Set up and have a Pressure Relief meeting according to the DA pamphlet.*

*This meeting (PRM) usually results in a spending plan and an action plan.*

### **SUPPLEMENT: BEFORE & AFTER PRESSURE RELIEF GROUP MEETING**

**BEFORE -**

**RE-READ: The DA Pamphlet Pressure Relief Groups and Pressure Relief Meetings. Also re-read AABB p 63 - pp 75-76. PRAY 3rd Step Prayer.**

**DURING -**

**REVISIT STEP 4: As you look at your finances with two other DA's, you may feel stuck, angry, upset, scared, ashamed or guilty, One way to deal with those thoughts and feelings is by *briefly* revisiting and taking steps 4-5, in mini form, *only on the subject of a specific pressure*.**

**We may refer to the Steps 4 and 5 prayers in the AA BB pp 64-70.**

**If obsessive thoughts or anger at self or others is experienced, it can be useful to go to the AA BB, pp 64-67, *briefly* 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 *briefly* go to the AA BB p 68, *briefly* 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 AA BB, p 69-71, *briefly* revisit that process and pray the harm or relational prayers, for ourselves and for others. p 69:2-3, p 70:1-2.**

**AFTER -**

**Plan for some solitary quiet time immediately after your Pressure Relief meeting (which is the financial version of Step 5, revealing your exact numbers to another group of understanding human beings).**

**Solitary Time**

**Take Steps 6, 7, and 8. Go to the AA BB and re-read pp 75-76. Looking at the character defects revealed in the spending record and the pressure relief meeting, and, in prayer, re-take Steps 6, 7, and 8 precisely as directed on pp 75-76, just as you would after any 5th step.**

**Note: Notice that as part of taking Step 6, we are asked to revisit Steps 1 through 5, in the form of questions. We are reminded that we are in recovery from a compulsive disease, for which personal will power and other forms of human help are not effective, long term. (AA BB pp 75-**

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76 and pp 58-59)

**Pray:** addicted compulsive debtors do not “swear off” or cut anything out with 'will power.' Accountability promises to a sponsor or pressure relief group only help temporarily. In prayer, we ask God to remove our character defects for lasting financial healing. (PRAY the 6th-7<sup>th</sup> Step prayers; AA BB p 76)

**Take a Form of Step 8 - the plans are a form of Amends Lists**  
**Review the suggested action plan (List) or spending plan (List) made at the PRG.**

**A NOTE ON OVERWHELM - While sometimes 2 or THREE heads are better than one, we may receive such a wealth of ideas from our PRG members that we leave the PRM with an Action List that can seem daunting. Some of us find it useful to view that list as an *Action Ideas List* to be reflected upon later and *prioritized and edited with the help of Higher Power.***

**Pray:** We ask God for the strength and willingness to mend our relationship with money, and we ask God for the willingness, courage and strength to prioritize and then follow through with the Action Plans we began forming in our Pressure Relief Meeting. AABB p 76:3.

**Reflect:** Sometimes, in prayer, we realize a suggested PRG action is just an idea but is not best for us or it is not the right time. We remember that acting on any action item formed in a PRG is ultimately *our decision*, made with Higher Power. (AABB top of p 70 "Counsel with others is often desirable but we let God be the final Judge." Pray the amends prayers in AA BB pp 79, 80, 82, and 83).

**Make a beginning on a realistic spending plan.**

***This is the essential difference between a twelve-step recovery program and a self-help or human help program. DA is a God-help program.***

**SUPPLEMENT: PHONE PRM's**

**"I'm ready to have a PRM and am going to do it on the phone, so what do I do next?"**

**E-S-H on PRM's on the phone.**

**"I have two DA members who have agreed to sit on my PRM. I have arranged for a Free Conference Call number for the PRM or am planning to use my cell phone conference call option."**

**1) I send a joint email to both people thanking them for agreeing to do a PRM for me and suggesting when would be best for me. I usually mention several options and always mention my time zone.**

**2) We settle on a day and time, and I send a confirming email, including in this email that I will remind them of our PRM by email 1 week ahead of the date.**

**3) I also include that I will send my Numbers and "what are my pressures", 2 days before the PRM along with the calling information.**

**4) I do as I have suggested above, always including a thank you and "contact me with any concerns".**

**5) We have the PRM and I send an email with the suggested Actions resulting from the PRM along with a Thank You.**

**If we have set up a follow-up PRM I include a confirmation of that day and time.**

**6) Sometimes one of my PRM team needs an additional reminder or prefers phone contact. I do it as best I can.**

**The above suggestions have helped me, and my team members stay clear about my Phone PRMs.**

## **ACTIONS**

**FINISH COMPILING AT LEAST A MONTH OF INCOME AND EXPENSES AND MAKE AN APPOINTMENT AND HAVE A PRESSURE RELIEF MEETING.**

**AS FEELINGS AND FEARS MAY COME UP, REVISIT THE STEPS 4-7  
AABB pp 64-76**

**USE PRAYER AND BOOK ENDING PHONE CALLS TO GAIN SUPPORT  
IN FOLLOWING THROUGH WITH YOUR PRESSURE RELIEF MEETING  
and SUBSEQUENT ACTIONS**

**BUSINESS DEBTORS:** If you are self-employed or own a business, **FINISH** 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 do your PRG.

**HAVE YOUR PRM.** Afterward, **TAKE STEPS 6, 7 & 8.**

**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 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.**

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**
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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.**

- 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**

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, phone calls
- If you have a sponsee or temporary sponsee, begin taking 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 PRG.**

**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
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**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.**

**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 21: Spending Plan**

**READ aloud and Study DA Pamphlet: “Spending Plan” as it applies to Steps 8 & 9**

**RE-READ, if time, Steps 8 & 9 PRAYERS in the AA BB beginning on pages 76-84.**

**RE-READ, if time, the DA Pamphlet “The 12 Steps of DA” Steps 8 & 9**

**RE-READ in the DA BOOK, *The 12x12x12*, the DA 7th Step Prayer p33**

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