

StepSponsorDA

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

Topic 7: Step Two – Came to Believe

2. Came to believe that a Power greater than ourselves could restore us to sanity.

Read in DA Pamphlet "12 steps of DA" Step Two.

Read – Big Book of AA: selected passages indicated below in the Chapter "We Agnostics"

Read - Step Two from the DA Book the 12 Steps, 12 Traditions and 12 Concepts of Debtors Anonymous

Read (as a SUPPLEMENT for background, on your own, if you have time) in the Big Book of Alcoholics Anonymous: page 44 through page 57, the entire Chapter "We Agnostics"

REMINDER Particularly when reading AA Big Book:

The 8th tool of DA is AA and DA literature. Reading AA literature is suggested to learn more about the nature of compulsive disease. It shows us we are beyond help by using only human will power.

· **In this guide, the assigned AA Big Book passages give a page number followed by a colon and a paragraph number. If the top of a page starts with an incomplete paragraph, it will be marked '0.' Paragraph '1' is always the first *complete* paragraph.**

· While reading aloud, we have found it most convenient to have both the session literature and the study guide open to the current assigned pages. Follow along in the text and actively listen to the reading. Many of us find it more useful to have a paper bound AA Big Book that we can underline, rather than an electronic copy.

· **In reading the Big Book Of Alcoholics Anonymous:**

· Notice symptoms and similarities to your own behavior and thinking.

· Note that when we debt it produces in ourselves a temporary sense of ease, comfort – a “high” similar to drinking.

· Notice the directions to follow and the actions they took.

· Note references in the Big Book to money, success, status, achievement and business.

· Note ANY time the text says “ask” or “ask God” consider that to be a prayer and pray it.

Read Aloud Together from DA Pamphlet “The 12 Steps of DA” – Step 2:

○ NOTE Insanities p 5. How are the insanities mentioned similar to your behaviors?

○ NOTE A vision of a new Higher Power (H.P.) p 6. What do you envision your H.P. to be today?

Read Aloud together some selected passages from "We Agnostics"

- Lack of power (p 44:1-2)
- Will knowledge, rules or will power work for us? (p 44:4 to 45:0-2)
- What if the newcomer doesn't believe? (p 46:1-2, p 47:1)
- Second step question? (p 47:2)
- If we "bristle" or resist some of these ideas? (p 47:4 - 48:0)
- Where do we find the power? (p 55:2)
- Look within (p 55:3)

Read ON YOUR OWN as a SUPPLEMENT the AABB entire chapter "We Agnostics" p44-57 if you have time.

Read aloud Step Two from the DA Book, The 12 Steps, 12 Traditions and 12 Concepts of Debtors Anonymous

· **Points to Reflect/Discuss Together with another identified compulsive debtor:**

- Regarding your own debting and finances, what behaviors do you do repeatedly, even though you know better, even though you understand they aren't working, and even though you want to stop?
- What debting behavior do you experience yourself doing that you would describe as insanity?
- *What gives you hope that the DA program will work for you?*

ANSWER YES OR NO:

- Do you believe, or are you willing to believe, that there is a power greater than yourself?
- Do you believe the DA program has worked for others?
- Do you believe that the DA fellowship & DA program can help you?
- Do you believe that your solution to recovery from compulsive debting must be spiritual?
- Have you come to believe that a power greater than your own will power could and would help you, where you alone could not help yourself?

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. Ask for support maintaining your DA program work
- 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 (DA Bookmark Prayers)
 - Pray the Serenity Prayer
- 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
- Ask around your "Home" meeting for a sponsor or DA phone partner
- Ask for support maintaining your DA program work

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NEXT TOPIC:

Topic 8: Step Three – Decision to Turn It Over

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

Read in DA Pamphlet "12 steps of DA" step three.

Read – Big Book of AA: page 58 through page 63 the Chapter "How it Works"

Read - Step Three from the DA Book the 12 Steps, 12 Traditions and 12 Concepts of Debtors Anonymous

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