

Step Sponsor DA Phone Study Workshop

Notice - This is our last regular Topic Send, because we are creating 'a better way' now. Please go to these links for a taste of your current access to our [Reading List](#) and our [Topic List for Members](#) (Workshop Materials). THE WEBSITE IS A WORK IN PROGRESS THAT WILL LIKELY HAVE CHANGES MADE.

BEFORE WE LAUNCH OUR WEBSITE, HERE IS OUR [TEMPORARY MEMBER SCRIPT FOR TOPICS 1-9](#) AND OUR [TOPIC-RECORDING OUTLINE SCHEDULE](#).

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Green Back Book Study Guide to Existing Debtors Anonymous Literature

EDITED AS OF APRIL 15, 2020

INTRODUCTION

NOTE - The Green Back Book study guide pages are simply experience, strength and hope gathered from Debtors Anonymous fellowship members

who have taken these 12 steps before us. It is a supplement to the DA Books, AA Big Book and the DA Pamphlets. But this material gives us guidance on what to DO in the absence of a more experienced DA member, or a DA-approved sequential text book: What to read, in what order, what questions to ask and discuss, what to write, what actions to take and **what prayers to pray.**

ORIGINS The Green Back Book study guide started in a sub-committee of the Debtors Anonymous World Service Conference 2009. The Concept of a Study Guide had already been approved but a writer had not been appointed to start work on the piece. This work grew organically from dozens of DA step workshops who 'road tested' these ideas. It was edited via the feedback of thousands of DA members who participated. The Editor/ "Shepherd" of the piece has been a DA member for over 3 decades (and abstinent over 5 years) who has personally taken over 3500 members through the DA Steps and led over 60 DA Study workshops, as of January 2020.

REMEMBER SOME THINGS ABOUT 12 STEP RECOVERY IN GENERAL:

The first 12 Step Program was Alcoholics Anonymous. (AA) This original 12-step program was designed to be simple and work quick because it was for DRUNKS. After all, who's attention span is lower than a DRUNK'S? (The author is in AA also) The big deal is that this is NOT a big deal! No one component of 12-step work was ever intended to take longer than it takes to wash your face or brush your teeth. If working the AA steps took the length of a pregnancy, they would all still be drunk, locked up or dead. Our experience is, take the steps rapidly. Keep it simple. The core premise of 12-step is that, more than a trained professional counselor, another lay person WITH THE SAME **ADDICTION** is most helpful in aiding recovery from that addiction, provided both addicts pick up this SIMPLE kit of spiritual tools and take these steps together.

READING LIST

"When all else fails read the directions." Each topic has DA/AA approved readings. These are the chronicle of the experience, strength and hope of recovered compulsives that went before us. At one point in DA's 43 year history, the individual pamphlet content was intended to become chapters in a sequential text book for DA, integrating the DA tools with the DA spiritual steps. As DA service conferences came and went, and trusted servants rotated, DA developed a larger 'pamphlet pile,' **but not a finished textbook.** (We debtors can be intimately familiar with paper piles!) The reading list is an attempt to organize the existing DA pamphlet material and approved books in a logical sequence. We suggest putting your pamphlets in the order we have them on the study guide, as if they were chapters in a "how-to" book.

WORD TO THE WISE: PACE YOURSELF!

Money trouble can be daunting and overwhelming. Our study guide assigns reading a small amount of DA material & taking a small bit of DA action **each day**. Experienced recovering debtors HIGHLY RECOMMEND BEGINNING AT THE BEGINNING AND PACING YOURSELF. Whether studying one on one with a sponsor or partner, or in a group workshop setting, the schedule we set is **arbitrary, determined by the participants**. In the absence of a full DA textbook, we have organized this series of DA pamphlets & readings **as if** they were chapters in a sequential textbook. Read the assignments **in order** & take each action as you have time.

DO BE GENTLE and DON'T let DA become one more source of overwhelm.

DON'T try to cover more than one topic a day. DO look at this study guide, as an aid to help you to learn a blueprint for living, a set of ongoing spiritual practices, rather than a one-time course you 'finish.' We are here for a lasting healing from compulsive debting, to stay spiritually awake, as a result of our step work, to try to carry this message to other debtors and practice these principles in all our affairs. In the study sessions, we will read and share on as much of the material as time allows. Before or after the group study session, we suggest you try your best to read the rest aloud with a sponsor or study partner, and support each other in finding the directions to follow, the actions to take and the prayers to pray. AGAIN: DO Spend some time on this study each day as you can. DO Let whatever amount of time you have be good enough. AND DO Keep Coming Back.

ACTION LIST

There is an action list at the end of each study guide. Be sure to read it. Try your best to spend at least 15-20 minutes or more on some of the suggested actions. DO allocate time to spend on your DA recovery. DON'T beat yourself up over imperfection. DO ask your loving Higher Power and your fellow DA members for help every day. Each prayer we pray, each change we make, a day at a time, will benefit us no matter how large or how small.

SENDING YOU LOVE

Did we mention 12-step recovery is not brain surgical rocket science and is meant to be QUICK AND SIMPLE?

If anyone has not told you yet today that they love you...know this: WE LOVE YOU, God bless you and thank you for joining.

Keep Coming Back.

To Subscribe to the Step Sponsor DA Online Group & receive current GreenBack Book study guide pages every other day, send your email to: info@stepsponsorda.com

STEP SPONSOR DA GreenBack Book Reading List: DA LITERATURE ITEMS TO OBTAIN

REV. APRIL 2020 [See also our [READING LIST](#) Linked on SSDA Website]

SUMMARY OF ITEMS TO OBTAIN OR ORDER:

DA FREE LITERATURE to DOWNLOAD + Print off from the DA website debtorsanonymous.org [Getting Started, scroll to Downloadable Literature]

BEGINNERS BASICS (Topics 1-9)

Getting Started (Free download from debtorsanonymous.org)

15 Questions: on the road to becoming a compulsive debtor

Twelve Signs of Compulsive Debting

The DA tools (Free download from debtorsanonymous.org)

DA History + San Diego Statement (Free download from debtorsanonymous.org)

AA Literature (Free download from debtorsanonymous.org)

Sponsorship (Free download from debtorsanonymous.org)

ADVANCED TOOLS (Topics 19-30) [Meeting Info, scroll to Resources for Meetings & Groups]

The 12 Promises of DA (Free download from debtorsanonymous.org)

Service (Free download from debtorsanonymous.org)

Business Meetings (Free download from debtorsanonymous.org)

Group Inventory (Free download from debtorsanonymous.org)

Keeping your meeting alive (Free download from debtorsanonymous.org)

Public Information manual (You may want to read this off your device as it is 39 pages) (Free download from debtorsanonymous.org)

The 12 Promises of DA (Free download from debtorsanonymous.org)

DA PRINTED LIT TO ORDER from debtorsanonymous.org

SELECT "FELLOWSHIP SERVICES" & then SELECT "ORDER LITERATURE"

BEGINNERS BASICS (Topics 1-9)

Just for This Day (Printed DA Bookmark)

Debtors Anonymous (Printed Pamphlet)

DA Book: Second Edition Currency of Hope

Meetings (Printed Pamphlet)

Record keeping (Printed Pamphlet)

Telephone & Internet (Printed Pamphlet)

STEPS (Topics 6-9 AND Topics 10-18)

The 12 Steps of DA (Printed Pamphlet)

AA Big Book: Alcoholics Anonymous Basic Text (Obtainable through any AA intergroup or many bookstores but not DA)

DA Book: 12 Steps + 12 Traditions + 12 Concepts of Debtors Anonymous

ADVANCED TOOLS (Topics 19-30)

The Numbers: One Approach (Printed Pamphlet)

Pressure Relief Groups & Pressure Relief Meetings (Printed Pamphlet)

Spending Plan (Printed Pamphlet)

Communicating with Creditors & Debt Payment Plan (Printed Pamphlet)

Spirituality (Printed Pamphlet)

Visions (Printed Pamphlet)

Awareness (Printed Pamphlet)

Recovery From Compulsive Spending (Printed Pamphlet)

OTHER ITEMS TO OBTAIN (Topics 1-9)

Small Notebook for record keeping

Pack of Notebook Paper for Step writing and note taking

Pack Of 3x5 cards for Prayers

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The Topics are Pages from The GreenBack Book Study Guide to Existing Debtors Anonymous Literature:

Topic 1: Signs and Symptoms of Compulsive Debting and Getting Started

Get a **FREE** Download of these beginner pieces, on the DA website: www.debtorsanonymous.org

Click on the item "Getting Started" Then select "Downloadable Literature." (#4) - Essentials. Download "**15 Questions**" from the website www.debtorsanonymous.org

THEN ANSWER: "15 Questions: on the road to becoming a compulsive debtor."

You might want to rate each symptom: 0-no symptom, 1-for moderate, 2 -for a hard problem or 3 -for addictive compulsive problem. Add up your score.

This piece is also in the Pamphlet entitled "Debtors Anonymous."

Download also "**Twelve Signs of Compulsive Debting,**" which can be found both on the DA website, "Downloadable Literature" and in the pamphlet, "Debtors Anonymous."

You might want to rate each sign: 0-no sign, 1-for moderate, 2 -for a hard problem or 3- for addictive compulsive problem. Add up your score.

It can be informative to take these quizzes again at the end of the study, add up your later scores and see where progress was made.

READ & Discuss "Getting Started" (From the DA website, www.debtorsanonymous.org, download the "Getting Started" page which can be found on the drop menu that reads "Getting Started" **Scroll past the links to the check list that begins: 'Stop incurring any new unsecured debt.'** This text also appears in the preface of the second edition of the DA Book: "Currency of Hope.")

For Text Version of Getting Started, Click [HERE](#)

NOTE: in this workshop we will study line-by-line all of the suggestions in this piece, in the order they appear. We will support each other in taking these actions

COMMIT TO ABSTINENCE: STOP INCURRING NEW UNSECURED DEBT.

ACTION LIST

- **FIND A DA FACE-TO-FACE OR PHONE MEETING YOU WOULD BE COMFORTABLE ATTENDING REGULARLY. GO TO** the website www.debtorsanonymous.org, **SELECT "GETTING STARTED" AND SELECT THE MENU "FIND A MEETING."**
 - If you are new, attend six DA meetings as soon as possible and listen to, absorb the DA concepts

 - **OBTAIN ALL LITERATURE & OTHER ITEMS ON THE READING LIST**
 - Free Downloads may be obtained from 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. Click the menu: "Fellowship Services." Then choose "Order Literature"

 - **READ** the text of the DA Bookmark: "Just For this Day." **For Text version, Click [HERE](#)**
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- 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**

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Topic 2: Introduction to DA [See "[Workshop Materials](#)" link in new SSDA Website, in progress]

READING: Introduction to DA:

READ & discuss the basic "Debtors Anonymous" Printed Pamphlet.

NOTE- it is not necessary to re-read the 15 questions or 12 signposts in this session.

Obtain the DA Pamphlet: "Record Keeping." (We will read it later, during topic 4)

Look for symptoms similar to yours, directions to follow and prayers to pray

QUESTIONS:

- Does DA seem like a "fit" for you?
- What questions do you have about getting started, if you are new?
- What does the pamphlet say about trying to understand why we debt?
- If you have been around DA a while, please share what directions you are following, how you got abstinent as a new person, and what benefit that is to you.

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