

### 3. Body of Meeting

1. Write for 3-5 minutes on what you'd like to get out of this PRG. Then share with your group.
2. Review Action Items from last PRG
  - a. Discuss briefly what you've done and what you haven't done (suggest 10 minutes)
3. Review Income and Expenses for the last 2 months
  - a. Begin to create Spending Plan if there isn't one
  - b. If there is a Spending Plan, discuss possible adjustments to improve plan
4. Discuss pressures and Vision (related to "what you want to get out of this PRG",) and formulate Action Items as a result of this PRG.

### 5. Wrap Up Meeting

6. Review Action Items for this PRG. Determine if all Pressure Points identified at the beginning have been addressed.
7. Set time and date for follow up PRG if desired.
8. Close with Prayer (Serenity or prayer of choice.)

### Suggested Follow Up

PRG Participant types up Action List and next PRG date (if desired) and emails the list to PRG givers and cc's themselves on this email. (suggested within 3 days)

# DA and BDA Pressure Relief Group Meeting

## A SUGGESTED FORMAT

### Purpose of a Pressure Relief Group Meeting Format

This is a suggested format for a Pressure Relief Group (PRG) Meeting. It was developed by members of a Seattle based Business Debtors Anonymous (BDA) group who were interested in adding structure to PRG meetings. The creators of this format also acknowledge that each PRG is an individual, creative, and spiritual process based on the experience, strength and hope of the two Debtors Anonymous members giving it.

# START MEETING

## Description of the 4<sup>th</sup> Tool of DA

### Pressure Relief Groups and Pressure Relief Meetings

After we have gained some familiarity with the D.A. program, we organize a Pressure Relief Group, consisting of ourselves and two other recovering debtors who have not incurred unsecured debt for at least 90 days and who usually have more experience in the program. The group meets in a series of Pressure Relief Meetings to review our financial situation. These meetings include an acknowledgement of a Higher Power and typically result in the formulation of a spiritually driven action plan and a new or revised spending plan.

## Suggested preparation for a PRG

- Prepare and bring 2 months of numbers, printed (3 copies) – what you have earned and where it came from and what you’ve spent and what the money was spent on (ideally presented in the format of the *Numbers One Approach* pamphlet)
- Bring Action Item list from last PRG (if you’ve done one) - printed (3 copies)
- Bring *12x12x12 of Debtors Anonymous*
- Read the *Pressure Relief Group* and *Pressure Relief Meeting* pamphlets
- Read the *10 Tips for a Successful PRG* (1 page)
- Read the *Spending Plan* pamphlet

## Additional Resources for Participants

- Debt Repayment Plan brochure
- Business Debtors Anonymous pamphlet
- Additional Tools of Business Debtors Anonymous
- Vision pamphlet

## 1. Suggested Prayer (or Serenity prayer or prayer of your choice)

Higher Power, we come to you as a friend. You have said that where two or more are gathered together, there you will be in the midst. We believe that you are here with us now. We believe this is something you would have us do, and that it has your blessing.

We pledge with you always to be honest, and to search our hearts for weaknesses and errors that we may not block your help. We believe that you want us to be real partners with you in this business of living, accepting our full responsibilities and certain that the rewards will be freedom and growth and happiness.

For this we are grateful. We ask you at all times to guide us. Help us daily to come closer to you and grant us new ways of living, of gratitude.

AMEN

## 2. Suggested roles and responsibilities for all participants:

- How long do you all agree to meet?
- Who is going to take notes and document an Action Plan for the person getting a PRG?
- Who is going to track time?