

DA Tool #9 — Preparatory meditation and writing for conference registrants:

Please review the details below, then spend several minutes meditating on your own relationship to DA, BDA, and AA literature. Do you read a little bit of conference-approved literature every day, to enrich your program and to strengthen your connection with your solvent self? (Information about the use of AA literature in DA can be found in the *AA Literature* pamphlet available for free download at <https://www.helpfordebtors.org/discontinued-da-pamphlets>.)

DA Tool #9: “DA and AA Literature — We study the literature of Debtors Anonymous and of Alcoholics Anonymous to strengthen our understanding of compulsive disease and of recovery from compulsive debting.”

DA and BDA always have a half dozen or more recovery literature projects in the works through the WSC and GSB literature development processes. Planning, execution, and approval of new books and pamphlets consistently take years, and we wait impatiently. Invariably the wait is worth it. There are currently seven free DA pamphlets at <https://www.helpfordebtors.org/discontinued-da-pamphlets>, plus eleven pieces of DA service literature at <https://www.helpfordebtors.org/da-and-bda-service-literature>. There are also 19 pamphlets, two books (in various formats), plus bookmarks and service literature available for purchase via the order form at <https://debtorsanonymous.org/fellowship-services/order-literature/>. Both books and five of DA and BDA’s current pamphlets are available in print, or both books and ALL conference-approved pamphlets in eBook format, for free upon request via <https://www.helpfordebtors.org/free-da-and-bda-literature>.

We find DA’s and BDA’s conference-approved literature inspirational and instructional. Besides teaching us about our compulsion and potential for recovery, this literature fills our heads and hearts with hope and promise. If we want to recover in DA and BDA, our literature is the best place to start.

Twelve pieces of DA and BDA conference-approved literature are listed below; all listed pieces are currently available on the literature order form. Please match each book or pamphlet with the quote on the next page. Some of these matches will be tougher than they appear at first, and there may be overlap; although we have not purposely included any quote that we know is in more than one piece of literature.

- a. *The Twelve Steps, Traditions, and Concepts of DA*
- b. *Awareness*
- c. *Debtors Anonymous*
- d. *Pressure Relief Groups & Pressure Relief Meetings*
- e. *Recovery from Compulsive Spending*
- f. *Spending Plan*
- g. *Spirituality*
- h. *The Numbers: One Approach*
- i. *The Tools of Business Debtors Anonymous*
- j. *The Twelve Steps of DA*
- k. *Underearning*
- l. *Visions*

DA Tool #9 — Preparatory meditation and writing for conference registrants—continued:

_____ “Destroying our credit cards was one concrete way of moving from faith in ‘credit’ to faith in a more reliable source.”

_____ “Few of us were able to implement and sustain recovery on our own, but by regularly attending DA meetings, obtaining a sponsor, and practicing DA’s Twelve Steps, we have found that recovery is within reach of us all.”

_____ “Just as many of us have been vague and unfocused about money, so too have many of us been vague and unfocused about our goals in life. We may have wondered, ‘Do I have a talent? A gift? What am I good at?’”

_____ “Know that there is no one ‘right way’ to maintain financial records. Take what you need and leave the rest.”

_____ “Many of us came to BDA with the feeling that we had less than others: less money, less ability, and fewer clients or customers.”

_____ “Many of us thought that declaring bankruptcy was the solution to our problems. ... Some of us in DA have experienced declaring bankruptcy and have found that it did not give us the ‘fix’ that we thought it would.”

_____ “One way to realize some of our visions is to list our wants and needs and bring it to the pressure relief meeting. Then we ask for direction on how to obtain the items on our list without debting.”

_____ “Our definition of wealth also changed. ... Our dreams have been fulfilled in ways we never expected. ... We have found that our true wealth lies in our Higher Power’s endless resources.”

_____ “Our experience has shown that the DA program will always work for any person who has a desire to stop using debt.”

_____ “The purpose of working the Steps is not only to be free of our compulsion to debt, but also to experience a spiritual awakening.”

_____ “Time and again, DA experience has shown that if we take recovery for granted, we can easily lose it. We are too prone to becoming preoccupied with self.”

_____ “We find it important to read about people who are struggling with credit problems and bankruptcy; companies dealing with overwhelming indebtedness; and our own local, state, and national governments’ mounting deficits.”

DA Tool #9 — Preparatory meditation and writing for conference registrants—continued:

As for AA literature, we've already pointed you toward the *AA Literature* pamphlet available for free download at <https://www.helpfordebtors.org/discontinued-da-pamphlets>. We can find AA literature for sale in some DA and BDA meetings, and it is welcome there. For many of us, AA literature is an old friend we would never want to have to do without. We have liberally sprinkled some quotes from AA literature throughout these workshop materials. Sometimes there is no substitute for quotes from the source material to convey exactly what we mean about addictive behaviors and our Step-based recovery. Here are a few more favorite passages from the Fourth Edition of the *AA Big Book*:

“We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone in perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.” — the 5th Step Promises from “Into Action” on page 75

“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends — this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.” — from “Working with Others” on page 89

“But we aren't a glum lot. If newcomers could see no joy in our existence, they wouldn't want it. We absolutely insist on enjoying life.” — from “The Family Afterward” on page 132

“I spend a great deal of time passing on what I've learned to others who want it and need it badly. I do it for four reasons: sense of duty; it is a pleasure; because in so doing I am *paying my debt* [emphasis ours] to the man who took time to pass it on to me; because every time I do it I take out a little more insurance for myself against a possible slip.” — from “Doctor Bob's Nightmare” on pages 180 and 181

“Today I reside among the living, no better, no worse than any of God's other children. Today I look in the mirror when putting on my makeup and smile, rather than shy away from looking myself in the eye. Today I fit in my skin. I am at peace with myself and the world around me.” — from “My Chance to Live” on page 318

“And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation — some fact of my life — unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake.” — from “Acceptance Was the Answer” on page 417

NOTE: We would have included the 10th Step promises from the Big Book here, but instead we've included them on page 135 of these materials, as part of our commentary on Step Ten. If you want to read those promises ahead of time, check out the paragraph beginning “For by this time sanity will have returned ...” on pages 84 and 85 of the AA Big Book. We've experienced the return of sanity and so can you. Finish your Step work!