**Let’s Do BDA Together**

***(515) 604‐9300, Access code 491695#***

***The Threes — questions only***

**This is a workshop leaders’ guide for a 25-session intensive cycle of recovery workshops for Debtors Anonymous and Business Debtors Anonymous members who own, operate, manage, or work for businesses, either for-profit or not-for-profit (developed by active BDA members in 2020)**

***Only the workshop questions are included here. Please do not share them with folks outside of our workshop group in cycle two, July-December, 2020. There will be future cycles for others to join later, and we ask for you to respect our possible need to make rewrites between cycles.***

***Suggested 7th Tradition donation for each workshop session in the cycle is $10, $20 for a pair.
Donations are voluntary, and no one will be turned away for lack of funds.
There are 7th Tradition buttons in the footers at*** ***[bdaworkshops.org](https://bdaworkshops.org).***

***Post-expense proceeds from these workshops will be*** ***distributed evenly between the GSB and
BDA Intergroup (***[***bdaintergroup.org***](https://bdaintergroup.org)***) monthly. We provide conference-approved literature
— DA’s 12, 12, and 12 book; the BDA Tools pamphlet; and the DA Promises pamphlet —
to workshop participants at no cost to them. This DA and BDA literature, along with
shipping and delivery, transaction fees, and website costs are our only group expenses.***

***If you received this guide from any other source than the referenced workshop cycle and workshop leaders, please contact*** ***bdaworkshops@gmail.com for permission to use these materials***  ***and to make a promise of contributions to the GSB and BDA Intergroup.***

**Step Three — Preparatory meditation and writings for workshop participants:**

Please read Step Three in our “12, 12, and 12” book, then spend several minutes meditating on each of the questions below. For those questions which are most resonant for you, please do some writing. No long essays are necessary, just a paragraph or two in direct answer to a question. These questions are posed by the facilitators based on our own experience, strength, and hope.

*Step Three: “(We) Made a decision to turn our will and our lives over to the care of God as we understood Him.”*

Does this Step look impossible to you?

Are you committed to sticking with DA and BDA and to working the rest of the Steps?

Have you begun to trust the care, protection, and guidance of DA and BDA?

Do you feel safe in DA and BDA meetings and with DA and BDA members?

Does that feeling of safety extend into the rest of your life?

Do you feel as if you were guided to DA and BDA by your Higher Power?

Are you willing to accept guidance that will likely create better results for you?

**Bonus questions:**

Will we take a step forward into the recovery that has begun to manifest for us?

Or will we take a step backward into the desperation of our debting life?

**DA Tool #3 — Preparatory meditation and writing for workshop participants:**

Please review the opportunities for service below, then spend several minutes meditating on how you might be of service to your fellow DA and BDA members right now. (The service opportunities listed below plus many, many more can be found in a flyer called “50 Ways to Be of Service” available for free download at <https://debtorsanonymous.org/fellowship-services/service-opportunities/>.) If you are feeling an immediate objection to being of service too soon in your recovery, please do some writing. No long essays are necessary, just a paragraph or two in direct answer to the question: “Why am I so darned unwilling to give service?”

*DA Tool #3: “Service — We perform service at every level: personal, meeting, Intergroup, and World Service. Service is vital to our recovery. Only through service can we give to others what so generously has been given to us.”*

**Tradition Three — Preparatory meditation and writings for workshop participants:**

Please read Tradition Three in our “12, 12, and 12” book, then spend several minutes meditating on each of the questions below. For those questions which are most resonant for you, please do some writing. No long essays are necessary, just a paragraph or two in direct answer to a question. These questions are posed by the facilitators based on our own experience, strength, and hope and a deep read of Tradition Three. Most if not all of the questions below can be applied to our personal and business lives, as well as to our interactions with our fellow DAers.

*Tradition Three: “The only requirement for DA membership is a desire to stop incurring unsecured debt.”*

What would happen to our meetings, message, and membership if our Fellowship spent our resources on those who do not meet our only requirement?

Do you feel that wealthy DA and BDA members are doing a better job of working the program than non-wealthy members?

Is it possible to have a desire to stop incurring unsecured debt and to continue using an unsecured credit card at the same time?

Is a desire to stop debting enough to create solvency?

Is it possible to be both inclusive and exclusive at the same time?

What would be the consequences of denying membership to those who do meet our only requirement?

Does your group or Intergroup apply any type of hierarchy of membership?

**Bonus question:**

We might now ask ourselves: Have we become too focused on what we think we want and need, losing sight of what we have to offer both inside and outside of our businesses and workplaces?

**Concept Three — Preparatory meditation and writings for workshop participants:**

Please read Concept Three in our “12, 12, and 12” book, then spend several minutes meditating on each of the questions below. For those questions which are most resonant for you, please do some writing. No long essays are necessary, just a paragraph or two in direct answer to a question. These questions are posed by the facilitators based on our own experience, strength, and hope and a deep read of Concept Three. Most if not all of the questions below can be applied to our personal and business lives, as well as to our interactions with our fellow DAers.

*Concept Three: “As a traditional means of creating and maintaining a clearly defined working relationship between the groups, the World Service Conference, and the Debtors Anonymous General Service Board, it is suggested that we endow these elements of world service with a traditional ‘Right of Decision’ in order to ensure effective leadership.”*

Can the “Right of Decision” be earned?

On a scale of 1 to 10, how honest are you? At home? At work? In DA and BDA?

Are you able and willing to examine your motives, as well as your words and actions?

Are you able to process new information, especially when it’s unexpected?

Do you take time to evaluate the limits and boundaries on your various life roles? At home? At work? In service?

How strong are your communication skills? Could you improve your skills through regularly sharing your communication breakdowns or difficulties with a BDA sponsor?

Do you allow others to exercise their authority without fear of your criticism?

**Bonus question:**

Creating a crisis may put us back in the driver’s seat, but at what cost?

**Promise Three — Preparatory meditation for workshop participants:**

Please read Promise Three from the DA Promises pamphlet, then spend several minutes meditating. Next read the suggestion below and use the lines provided to document at least 26 of your positive attributes. Perhaps meditate a few more minutes, thanking Higher Power for this opportunity to reframe your opinion of yourself *right now* and to let go of shame.

*Promise Three: “We will live within our means, yet our means will not define us.”*

**Who Are You Now?**

Please use the space below to document positive characteristics you now hold. Try to write down at least one positive thing about yourself for every letter in the English alphabet: