

DA-HOW

30-Day Recommitment Questions

These questions are not “slip questions.” They are designed to give a long-term abstainer a second chance at abstinence. If a person has at least 5 months of abstinence and their disease becomes active again, these questions help renew a commitment to Steps One, Two and Three.

- 1. *Reading:*** Read “Doctor’s Opinion” in the AA Big Book.
Writing: Discuss the phenomenon of craving as it appears in the three levels of your life--emotional, spiritual and physical.
- 2. *Reading:*** Read Step 1 in the AA 12 & 12.
Writing: Discuss and Reflect on the idea that you have a devastating weakness. Discuss how this weakness leads you to return to using debt and money for your comfort.
- 3. *Reading:*** Re-read Step 1 in the AA 12 & 12.
Writing: Discuss the mental obsession that precedes "that first compulsive act". Discuss and Reflect upon the idea that obsessing about anything leads to compulsive debting.
- 4. *Reading:*** Read pages 5 and 6 in the AA Big Book.
Writing: Discuss and Reflect upon the feeling of oblivion as it is described in Bill's story and as it has manifested itself in your life.
- 5. *Reading:*** Re-read Step 1 in the AA 12 & 12.
Writing: Discuss why , for you., there is no possibility of controlled debting or use of money as it is outlined in this Step.
- 6. *Reading:*** Read pages 20-24 in the AA Big Book up to “So many want to stop, but cannot.”
Writing: Discuss and Reflect upon your last binge with money & why we are without defense against "that first compulsive act with money."
- 7. *Reading:*** Re-read Step 1 in the AA 12 & 12.
Writing: Discuss the idea that "when one debtor plants in the mind of another, the true nature of his malady..." that the debtor can never be the same again.
- 8. *Reading:*** Read Chapter Three in the AA Big Book to page 35.
Writing: Discuss and Reflect upon what sort of thinking dominates when the compulsive debtor repeats the desperate experiment of trying to control the use of money.
- 9. *Reading:*** Re-read Step 1 in the AA 12 & 12.
Writing: Discuss and Reflect upon the things you must do (as outlined in Step 1) in order to stay alive. (Page 24)

10. **Reading:** Read page 7 in the AA Big Book ("Next day...to...He wasn't himself.).
Writing: Discuss the reoccurrence of the idea that if you return to the use money and debt you can "recapture the spirit of other days".
11. **Reading:** Read Step 2 in the AA 12 & 12.
Writing: Discuss and Reflect upon the following concepts:
a. Those who won't believe
b. Those who can't believe
c. Those who have lost their faith
In which category do you find yourself? What must you do to change?
12. **Reading:** Read pages 21-29 in the AA Big Book.
Writing: Discuss and Reflect upon the idea that there is no "middle-of-the-road solutions" to compulsive debting. Particularly, reflect upon the alternatives to recovery seen on page 25.
13. **Reading:** Re-read Step 2 in the AA 12 & 12.
Writing: Discuss and Reflect upon the need for open-mindedness before you can practice the DA program.
14. **Reading:** Read Chapter Four in the AA Big Book to page 51.
Writing: Discuss and Reflect why a change in attitude toward a Power greater than yourself and a few simple actions are necessary if you are to change your life.
15. **Reading:** Re-read Step 2 in the AA 12 & 12.
Writing: Discuss and Reflect upon the following concepts as they play a part in your spiritual life:
a. Intellectual self-sufficiency
b. Wandering from faith
c. Self-righteousness
16. **Reading:** Read page 43 in the AA Big Book.
Writing: Discuss and Reflect on the ideas that compulsive debtors have to be "pretty badly mangled before they commence to solve their problems."
17. **Reading:** Read pages 31-34 in the AA 12 & 12.
Writing: Reflect on the following concepts:
a. No person could believe in God and defy Him, too.
b. To recover, we need a faith that works under all conditions.
18. **Reading:** Re-read Step 2 in the AA 12 & 12.
Writing: Discuss and Reflect why every DA meeting is assurance that God can restore us to sanity.
19. **Reading:** Read pages 51-57 in the AA Big Book.
Writing: Discuss why in the life of a compulsive debtor reason, as most people use it, is not

entirely dependable.

20. **Reading:** Read Chapter Three in the AA Big Book.
Writing: Discuss and Reflect on the growth one must have before he can move from Step 1 to Step 2.
21. **Reading:** Read Step 3 in the AA 12 & 12.
Writing: Discuss and Reflect why willingness is the way to a faith that works.
22. **Reading:** Read Chapter Five in the AA Big Book to page 63 (“...this was only a beginning.”)
Writing: Discuss and Reflect why happiness & satisfaction cannot come unless the compulsive debtor gives up control.
23. **Reading:** Re-read Step 3 in the AA 12 & 12.
Writing: Discuss and Reflect on the idea that faith does not necessarily mean we've let God into our lives.
24. **Reading:** Read Appendix II, “Spiritual Experience” in the AA Big Book.
Writing: Discuss and Reflect on the God-Consciousness you have experienced for yourself and have seen in other people.
25. **Reading:** Re-read Step 3 in the AA 12 & 12.
Writing: Discuss and Reflect on spiritual dependence as the only means of escape from the destruction of compulsive debting.
26. **Reading:** Re-read pages 25-29 in the AA Big Book.
Writing: Discuss and Reflect upon the idea that recovery depends upon huge emotional displacements and rearrangements.
27. **Reading:** Read pages 41-42 in the AA 12 & 12.
Writing: Discuss how we may go about bringing our will into agreement with God's intention for us.
28. **Reading:** None
Writing: Discuss and Reflect on how the following tools can become part of your daily program of recovery.
 - a. Abstinence (Record Maintenance and Spending Plan)
 - b. Pressure Relief Groups and Pressure Relief Meetings, and Action Plan
 - c. Sponsorship
 - d. Anonymity
 - e. Telephone/Internet and Awareness
 - f. Meetings
 - g. Literature/Writing
 - h. Service and Business Meetings

29. **Reading:** Read “A Vision for You” in the AA Big Book.

Writing: Discuss and Reflect on the vision God has for you. Discuss also the idea that our answers will come if our own house is in order.

30. **Reading:** In the AA 12 & 12, read the last paragraphs of Step 1 and Step 2. Then re-read Step 3.

Writing: Discuss and Reflect on how Step 1 was our commitment to Honesty, Step 2 a commitment to Open-mindedness and Step 3 a commitment to Willingness.

After writing this, renew your contract with God by repeating the prayer on Page 63 in the AA Big Book, aloud, in the privacy of your own place of meditation.