

SHOWING UP COMPANION TO THE TWELVE TOOLS OF DEBTORS ANONYMOUS

to be used together with The Twelve Tools of Debtors Anonymous

DA states: "Recovery from compulsive debting begins when we stop incurring new, unsecured debt, one day at a time. (Unsecured debt is any debt that is not backed up by some form of collateral, such as a house or other asset.)"

The Showing Up Action Group understands debting includes using credit cards, allowing bank accounts to go below zero, paying rent, bills and taxes late, taking out student loans, returning common property late, accepting medical or dental care without paying our known obligation at the time of service, spending pay advances and deposits before delivering services, and purchasing electronics, appliances, and inventory on credit. We do not debt no matter what.

DA Showing Up is an open Action Group of Debtors Anonymous. We commit to show up for the tools of DA as outlined below in order to empower our practice of the twelve Steps and twelve Traditions in recovering from compulsive debting, compulsive spending, and compulsive underearning. We have found the consistency and unity of showing up with others committed to the tools in the same way essential to our DA recovery. We show up No Matter What.

Numbers correspond to the number of the Tools of Debtors Anonymous.

1. Meetings: (temporary as of June 11, 2024): We attend at least four (4) scheduled Meetings per week (face-to-face, telephone, or video conference). We arrive on time and stay through the closing prayer. Where DA meetings are not available (or in short supply), we recommend attending open Alcoholics Anonymous meetings. Newcomers to Showing Up have benefited from attending 90 meetings in 90 days. Steering Committee to discuss this Commitment as first order of business at the June 2025 Meeting.

2. Record Maintenance: Each day, we tally our income, expenses, and time by category and report the totals live (no voice messages) to our Showing Up Sponsor. Recorded messages of any form are not the way we work this tool. We track our 24-hour day in no less than 15-minute increments. Suggested overarching categories for our time include Spiritual, Vision, Income Generation, Self-Care, Sleep, Fun, and Family.

3. Sponsorship: A Showing Up Sponsor is any DA member who has not incurred any unsecured debt the way Showing Up understands debting for at least 90 consecutive days and has received two Pressure Relief Meetings. We find it helpful to call the same person at the same time daily. When a Showing Up Sponsor is not available, we commit our money and time to anyone in DA who has not debted for 90 days the way Showing Up understands it and has received two PRGs. When we have a question about our day counts, we defer to someone who has kept the Showing Up Commitments for 90 consecutive days.

4. Pressure Relief Groups and Pressure Relief Meetings: We receive one Pressure Relief Group (PRG) per month. After practicing Showing Up DA for 90 days, we give at least two PRGs amonth.

5. Spending Plan: We follow a Spending Plan. We only spend what we have committed to a member of DA who has not debted the way Showing Up understands debting for 90 days and who has received two Pressure Relief Meetings. When we need to adjust our Spending Plan, prior to spending the money, we make a "money change" by verbally and live committing it to someone in DA who has not debted for 90 days the way Showing Up understands it and who has received two PRGs. Recorded voice messages or any written communication do not fulfill this Commitment.

7. The Telephone and the Internet: We make three Outreach Calls daily, in addition to our daily numbers and time report, for a total of at least four calls each day. The connection is made via voice or video call. Once we leave a message or attempt to connect, the call will count for us when the second party calls back that day and we speak directly with them. For those of us in multiple twelve step programs: in our first 90 days of Showing Up, we make at least two of these three Outreach Calls to DA members.

10. Business Meetings: All members who have kept the Commitments for 90 consecutive days commit to attend quarterly Steering Committee meetings to address overall Showing Up business including revisions to the Commitments, the Group's understanding of debting, events and Showing Up literature.

11. Service: Those who have kept the Showing Up Commitments for 90 consecutive days commit to at least one elected service position for the Group and make themselves available as Showing Up Sponsors. Without exception, we require all Showing Up leaders and speakers have 90 days of Showing Up.