

# Help with PRGs

## *Participant survey for workshop series*

### **Survey Questions — Page 1 — General**

**WHEN ASKED FOR RATINGS: 1 — Poor; 2 — Okay; 3 — Good; 4 — Great; 5 — Excellent**

#### **Do you have any advice to offer about improving the workshop series?**

No great as it is.

It seemed that many/most participants were relatively new to DA/BDA, so I believe it may be helpful to offer a separate “introductory” (possibly optional) session for newcomers focused on the basics of DA/BDA, and allowing more time for questions on program concepts, resources, and tools.

Due to death in family, and my own old defects, disabilities, et al, I sadly had to miss most of the workshop. Attended 1.5 meetings. So my feedback is very limited. But one very specific piece based on this fact: IT IS GREAT that you allowed me to attend in this partial way, and I didn't feel judgement. REALLY appreciate that openness, it helped me: progress not perfection and all that :) I also screwed up with the first trio match—totally my fault—and missed our meeting the day after I confirmed the time :( Again - I hugely appreciate the second chance and lack of reproach (whether or not you noticed that), my second chance match was a really great experience and I hope it continues.

It was an excellent workshop, I got so much out of it-Thank you again. I would only say I was a bit mixed up about only needing to attend one of the first two workshops---it was cleared up quickly though!

The workshop was excellent! 5!

Not at this time.

I wonder if there would be any possibility to have older members assigned to newer members.

No.

Not in general, I found it clearly presented, got to the process quickly, was set up to be helpful. I felt confused about participating because of my own reasons of too many things to work on. I had not identified a business to work on and for which I was educated and had no idea how to talk with anyone about my issues. Should I do a PRG on prudent reserve in retirement to stay home, on money if I sell my house, or how to start trying to work in my desired arena? Just trying to face my choices and explore them on my own, helped me. Trying to talk with others a tiny bit – showed me more is possible than I expect but trying to do so in a timed setting felt overwhelming.

## About improving specific elements of the workshops?

It worked for the group I was with, both the difficulty of finding a time and learning from that and the great results, interaction when we put it in HP's hands.

Since I wasn't clear on what "topics" and "goals" to list going into the process of a PRG/PRM, I think it would be helpful to provide participants with a variety of examples before asking them to provide their personal topics and goals.

No suggestions here.

Would it be possible and more helpful to share the contact list earlier?

I like to see people when they speak - that's my preference.

I am too new at PRGs to have enough experience to offer improvements.

No.

Use breakout rooms so participants get an opportunity to share with each other, perhaps during the end of each session.

Time and structure issues. I panicked when asked to speak of my PRG experience during the workshop, within a one-minute time frame, and I left the workshop instead, for I did not see how to organize my words, had not slept well, would have cried if I tried. I have a resentment about so many places expecting haste and leaving me out or blaming me if I can't keep up.



## How helpful was the sharing by our co-hosts?

**1-5 rating plus comments: 4.8 average — A+ (96%)**

Excellent.

It was an absolute 5. They really respectfully dug in to make sure no vagueness was left on the table regarding my needs.

It might be a good idea to accommodate personal (rather than business) PRG advice initially for those newer to the PRG process. I have come across many DA members who have been in the program many years and have yet to do a PRG or have a “successful” experience. That being said, I was matched with a truly EXCELLENT PRG and we intend to continue on with weekly meetings as they have been extremely helpful and CLARIFYING to each of us!

What I heard was excellent.

Excellent sharing of ESH, could identify with a good bit of her story.

Both hosts were amazing!

The sharing was extremely important for people to hear the incredible life changing shares that started in the immersion conference and blossomed into ongoing PRGs/PRMs. It appeared that many folks that attended PRG conference use DA/BDA as a drop-in emergency program.

Very Helpful, I really enjoyed listening to Nancy share her ESH. It was a very powerful example of recovery.

I got a lot of experience, strength and hope from the shares.

I did not know how to relate to the co-presenter. Her experience seemed too different from mine, I knew nothing much about her, and maybe in this setting where I felt so triggered by issues and questions important to my identity, I did not pay much attention.



## How were the workshops overall?

**1-5 rating plus comments: 4.7 average — A (94%)**

Excellent.

Excellent and came from a heart of love which is crazy. God lives among them.

This is the first workshop for me; very helpful.

Excellent.

Excellent, I feel so much more confident and clearer, especially having a format to follow. I have realized I had some unrealistic expectations in my previous PRG experiences, the goal being to remove SOME of the immediate pressures. For me just starting BDA, everything felt like pressure...so every little bit, and each PRG w/HP will relieve more and more.

Great.

They were really good because it gave us structure and time limits, which were important to maintaining focus, and also forced me to stay on topic.

Excellent.

I thought that perhaps more thought can be given what PRGs can really accomplish.

Well organized, to the point, helpful to get people started while focusing on helping each other.



## How did we do on matching you with one or more 3-member practice PRGs?

**1-5 rating plus comments: 5 average — A+ (100%)**

Excellent. Extremely grateful for your efforts, it seemed like a lot of service on the hosts' part. Great work, great idea using a tried-and-true format kept us focused and of maximum service to our fellow PRG partners.

Haven't met yet.

Couldn't be better for a first group.

The first one, which you all set up for me because of my absence, I missed by accident / error. It would not have been a good match — I found that out from the reaction of one of the members to my mistake. The second one, formed by picking each other, was really a good match IMHO. I was really lucky — when the two other people picked me, I was thrilled as they were the exact people I would have picked myself. BUT I did wonder if it might be difficult for those picked last - like a high school gym experience? In retrospect I wonder if there's another way to make the matching a slightly more gentle moment? Perhaps everyone sends in 2 picks via direct messages in the chat? And then the matching takes place off-screen so to speak? Would make it harder for you to figure out - would take longer - and maybe it is not important. It certainly worked well for me the way you did it.

Excellent. The first one fizzled out so I appreciate that I had a 2nd chance!!

Amazing how HP works.

My matches were incredibly spot on. In one PRG was matched with two very smart, successful, professional, organized individuals and the second PRG I was matched with two women in my age group going through very different life changes. Both of these experiences gave me the opportunity to see how others cope with life changes, the emotions that were brought to the forefront and that they were looking for a solution. It was an amazing experience.

I had one successful meet up tried for 3.

Good match but I realize that I need to pair up with people with the same interests.

5 – in terms of getting us going, me on using my very new Zoom skills. Very helpful when we had a dropout, and Cindy was quick to ask Bob for help – and we had a new person lined up within a day – very helpful, and good to meet both parties.





Through registration donations for this event, we raised [\\$1,287](#) for outreach to debtors, specifically through professional distribution of our new 2022 public service announcement (PSA) to 1,000 radio stations across the US. How did it feel to contribute to these DA and BDA service efforts?

**1-5 rating plus comments: 5 average — A+ (100%)**

Great glad to be of service.

Glad to give and it wasn't compulsive.

Yay!

Fantastic. I hope some of the PSA make their way into Louisiana, we need DA and BDA here! I was unable to donate for the workshop but will work a donation in next month!

Worth every cent & more!

Wonderful. Overall, I want to thank you for your service.

Although I didn't give monetary contributions, your generosity has afforded me the opportunities of recovery, so I am very grateful for that!

Good. And I have to say, I was grateful that I myself got a scholarship to attend this one.



**Survey Questions — Page 2 — Personal Progress**

**WHEN ASKED FOR RATINGS: 1 — Poor; 2 — Okay; 3 — Good; 4 — Great; 5 — Excellent**

**Did you create an ongoing PRG through this workshop cycle?**

**1-5 rating plus comments: 4.4 average — B+ (88%)**



Yes, we did.

Yes, two PRGs, both ongoing and both extremely different.

I hope so. We have met once and were all enthusiastic.

Excellent. Yes, we have another one scheduled.

We might meet regularly - maybe second group meets tonight for second PRG!

Both of the groups I am in have set up a second PRG. I am going with both of them to see where it takes me. I have no reason to not move forward with this at the moment.

No, I dropped out. I felt I was not ready, had other priorities, though may be ready again another time.

**Did this workshop series help prepare you to use PRGs in a spiritually healthy and productive way?**

**1-5 rating plus comments: 4.7 average — A (94%)**

Yes, it did and the focus of our group was willingness to be open receiving and of service to one another.

Have not met yet.

Seems so. One PRG group was very clear and engaged in the PRM, while the second had a newcomer who was EXTREMELY reticent given a lack of any familiarity with 12-Step recovery.

Yes.

Excellent—most definitely more conscious that HP is the source of my needs not a dependence on people—thank you!

Yes.

I have more awareness and clarity on what my next steps are to be.

I did value being pushed to focus on my goals, be more open to the possibility of talking, and to go through the process of being set up and doing my part to help make the events happen, by using new Zoom skills.





**Did this workshop series help prepare you to prioritize helping our fellow DA and BDA members as equal to, if not greater than, ensuring that your own needs get met? (HINT: If we relate ourselves rightly to Higher Power and our fellows, including developing fully reciprocal relationships, Higher Power will ensure that our needs get met.)**

**1-5 rating plus comments: 4.7 average — A (94%)**

Very helpful I like the two hour and turn taking and discussion, uncomfortable with receiving the PRG alone.

Have not met yet.

There is only so much a workshop can do when participants aren't willing to either 1) do the work, or 2) make sufficient time available for their recovery.

Yes. I like the reciprocal idea much better than the one-way focus. Though I had never availed myself of the traditional way - so cannot compare - I do believe that I was more inhibited to get one going because of the one-way. This points to my issues of getting help, but I do like this solution.

Excellent. It was so easy and natural to care about and offer understanding and support to my fellows and it felt amazing to be able to do so.

The workshop is so new to me that I spent more time focusing on what my role was in the PRG and I noticed that I did not have experience in a few of the issues that were presented. I view members as my equal and do my best to present myself in the same way.

I feel that I already have helped fellow DA and BDA people. Helping others informally is what I do.



**If you could wave a magic wand and make three changes to the workshop series, what would they be?**

I cannot think of any.

None:)

1) Have Bob turn his camera on \*wink\*, 2) Offer outreach to participants by experienced DA/BDA members. I would think a list of 2-3 willing \*guides\* would be helpful to answer questions which come up after the workshops, rather than forcing participants to go to the sea of diversity in DA/BDA. If participants already had a solid Sponsor / Home Group which made PRGs readily available, there wouldn't be as much need for this type of workshop, 3) Consider forming a mechanism to find DA/BDA sponsors. It has been a tremendous struggle finding individuals with good recovery in Zoom meetings.

Have no ideas for this.

Possibly an autonomous meeting summary. Highlighting the top takeaways? Bullet point agenda for next meeting?

They would be near my house in person.

1. Have two co-hosts to help the facilitator with the conference.

2. Have one co-host act as a secretary by typing the comments and time availability.

3. Have the other co-host be the designated timekeeper, mute people, etc.



Have an encouraging word in the How to Do the PRG format – on hanging in there when time was not structured. Maybe include some support person who focused on those who cannot keep up, or think they can't.

## Can you name three things about the workshop series that you would not want to see changed?

None.

Bob is awesome.

Not really. This workshop was very well planned out. Perhaps more time for questions and a specific up-front statement that participants should stay after the formal workshop where there would be unlimited time for questions, perhaps by forming break out rooms of smaller groups for this purpose.

Actually getting matched, times 3 :)

Round robin format. 2 practice PRG opportunities. Moderator.

1. Remove the shares
2. Q & A for the speaker
3. After Party

Focus on get to the point, try it out. Attitude: You can Do This. Stories of process.





**Did we focus enough on spiritual recovery in DA and BDA for your needs and wants?**

Yes.

Yes. It was clear God not money was the focus.

I would like to have more focus on the nature of recovery being spiritual, specific to Debting/Underearning. I think it would be helpful to put more emphasis on the idea that DA is not just about PRGs, spending plans, and keeping our numbers. In this regard, the DA 12/12/12 is seriously lacking. There is no real direction in any DA literature for working the Steps. Fortunately, I knew to go to the AA BB and 12x12, as well as an experienced Step Sponsor, to help me with Step 6/7 issues which have come up since my entry into DA.

Yes.

Yes, and I appreciate the attention to the 3 main things.

No, but I get spiritual recovery elsewhere.



**Thank you for your participation and responses!**