

Help with PRGs 2023

Participant survey for 4-part workshop series (10 responses)

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.

The only improvement I would make is how the PRG groups are formed. I liked the criteria and spreadsheet that was used, the only part I did not like was choosing PRG groups in front of all the other members.

No.

No, not really.

The workshop series is good — I think overall people gain knowledge and experience with this tool.

1. Match ups done with people who have experience.
2. Not skipping the weeks.

No.

About improving specific elements of the workshops?

No.

The only improvement I would make is how the PRG groups are formed. I liked the criteria and spreadsheet that was used, the only part I did not like was choosing PRG groups in front of all the other members. (Repeated comment.)

No.

NO.

Clarification of what the PRG looks like either by having experienced members on PRGs with newcomers or some other way, the first one I did was a little wacky even though I was experienced, it didn't feel helpful.

No.

How helpful was the sharing by our co-hosts?

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

It really helps to learn from their experiences.

Extremely helpful. I thought the sharing by the co-hosts was excellent.

Great stuff and experience.

Really helped to hear about experience, would have been helpful to hear more about as needed PRGs as well.

I enjoyed hearing the co-hosts sharing their experience, strength, and hope around PRGs. It always makes it easier to apply the tools when we've heard someone sharing on their experience with them. It was good to have the opportunity to ask questions afterwards too. This helped us to be better prepared when it came to the practice PRGs.



How were the workshops overall?

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

One of many things I learned is to trust the HP and let go.

It was a wonderful experience and I'm so happy I attended.

The content was awesome.

Would rather not skip weeks and keep the learning and application together.

Great, I benefitted a lot from the workshops and would recommend them to others.

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

1-5 rating plus comments: 4.5 average — A- (90%)

I think that HP did the matching and I am OK with it.

I thought the criteria for matching participants was excellent.

I learned some things I would do differently next time.

I'm not even sure how to respond to this, I think it was awkward putting people on the spot in case someone didn't want to continue, keeping the groups the same with an experienced person I think could have been more effective.

I was very happy with the groups I was matched up with. I do think I would have been happy to work with anyone though. It's great to meet new people and share this experience and learn from others.

Through registration donations for this event, we raised \$1,405 for outreach to debtors, specifically through purchase and distribution of DA's conference-approved literature to anyone who asks, anywhere in the world. How did it feel to contribute to these DA and BDA service efforts?

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

I agree.

It felt good to be able to pay the full amount requested and know that the funds will go to help someone who is still suffering.

Great.

Love supporting this work.

Always great to pay it forward.

It felt motivating for me to see BDA Workshops' results. I'm inspired to kick my home group's asses into having us show up more in Recovery.

Great!

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: 4.9 average — A+ (98%)



It was a little rocky beginning, one person in the group never showed up, the other two of us never had a PRG before, but it was fine. I am optimistic.

Yes! I'm now part of an ongoing PRG with two other members. I'm excited and grateful to have this ongoing and regular support from the other members.

Yes.

The opportunity was definitely there; I just did not take action on it.

YES.

Yes.

I don't think so I really like my 2nd person, but we struggled with a consistent 3rd.

No, it wasn't really my intention to create an ongoing PRG. I already have a PRG that have been helping me for quite a while. I wanted to learn about and gain experience of giving PRGs so that I could be of service to others. I'd been asked to be part of a PRG for someone else and had agreed but felt very inexperienced. So wanted to learn more about how to serve in this way.

Yes.

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

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

Yes. I am starting my journey, lots of work ahead.

Yes, I feel like I learned the basic principles around healthy PRGs along with warning signs of an unhealthy PRG.

Yes.

Yes.

I consider the space spiritually grounded now but didn't have experience as to how to apply to my business.

Yes.

Yes, both the workshop input and the practice PRGs themselves helped with this.



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: 4.9 average — A+ (98%)

Yes, I agree.

Yes, this was an excellent experience for me to practice giving and receiving in equal measure. I'm usually the one who's in crisis and although I feel uncomfortable receiving, I usually receive much more than I give. This was a great exercise in relational reciprocity. This was probably the most helpful aspect of the workshop, for me.

It did thank you.

For the workshop and how it was set up — I could have done better on my side.

Yes.

Yes, and I was surprised at how good it felt to be fully focused on someone else for 45 minutes and how much I gained from that experience.



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

Not sure.

I would change the way the PRG groups are formed. Perhaps forming them behind the scenes instead of in front of the other members.

Have each person choose 2 maybe 4 people they would like to match up with anonymously and try to make it work.

The only thought I had was perhaps some more demonstrations or like a sample PRG for people to observe during a workshop for more context — similar to business planning presentations.

Solvency of 3 months or more required. Completions of Steps 1-3.

1. Establish the groups differently.
2. Do the groups at the same time 1 hour learning and sharing hour.
3. Separate zoom rooms in the same meeting with breakouts for practice PRGs rather than every other week.

1. That I [would be] given a magic wand. 2 & 3. See 1.

1. The matching up process. I'd make it random and not let people choose. And then keep changing it each week. The first couple of weeks it took a long time and felt a bit boring. And the latter weeks it felt uncomfortable. I was paired with 6 different people and was happy with all of them. I wouldn't have minded who I worked with. Then after having worked with a variety of people, everyone who wanted could keep in contact with those they clicked with to arrange permanent PRGs.

2. Asking people to be committed to the Sunday time slot on the in-between weeks before they agree to being matched that coming week. That way there would be no need for trying to find convenient times because we'd all just know in advance that we committed to that Sunday slot. And if anyone wasn't free, they wouldn't be matched but could perhaps contact others who hadn't been free by themselves if they wanted to.

3. And if it's over Easter (or any other major holiday for other religions) maybe plan to skip that particular Sunday.

My only feedback would be eight weeks has been quite long, I think six weeks (for me) would have been optimal. Apart from that- speakers/host group were knowledgeable and generous in their sharing of time and experiences. Questions were thoughtfully answered. It was fun!

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

No opinion, I like pretty much everything.

1. The content of each workshop session
2. The criteria used to place people into groups
3. The talk about spending plans

I don't know.

Keeping the DA/BDA emphasis and the importance of Steps and solvency prior to tools or in addition to.

Matching

Co Hosts!

Doing it over several weeks rather than how we did it before

The length, the alternate weeks, the opportunity to keep or [drop] your PRG.

1. Experience, strength, and hope sharings
2. The day\time
3. Cutoff for participation (not open to new people after it started)

Your workshops have so enriched my recovery - not sure I would be 20 months solvent with lots of miracles and visions coming true without them!

1. Bob's sharing of how to [use] a spending plan
2. The cohosts shares on PRGs and the questions — and the two formats that were shared with us
3. Participant sharing on their experiences
4. And of course, the practice PRGs themselves

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

Yes.

Yes, absolutely!

Yes.

Yes.

Yes.

Yes.

Yes, but I missed the practical application to my business part.

Yes.

Yes.



Thank you for your participation and responses!