

Suggested 2-Hour Round Robin PRG Format

from “Help with PRGs” hosted by hopefordebtors.org

Opening

2 minutes — Start on time, say the Serenity prayer, define and agree to the format, choose a timekeeper, choose the order of sharing, stay present and engaged the whole time.

Direct support and encouragement

2 minutes — Allow the first person to share uninterrupted, describing the details of their current life and the current pressures they’re experiencing.

4 minutes — The other two members have two minutes each to provide direct support, along with their own experience, strength, and hope. Please avoid opinions and advice giving.

6 minutes — Repeat for the second person — 2 minutes of sharing, 4 minutes of support.

6 minutes — Repeat for the third person — 2 minutes of sharing, 4 minutes of support.

Topics and goals

2 minutes — Allow the first person to briefly describe their PRG topic and the three goals they have brought and hope to accomplish in this PRG session.

3 minutes — Work together to finetune the stated goals and their order of priority.

25 minutes — Work through the first person’s three goals, in agreed order of priority, accomplishing or completing as many as possible in the time allotted. The goal here is to help relieve this person’s stated pressure, not to add to their pressure, not opinions, not advice.

30 minutes — Repeat for the second person — 2 minutes for topic and goals, 3 minutes for finetuning, 25 minutes of goal coverage and pressure relief.

30 minutes — Repeat for the third person — 2 minutes for topic and goals, 3 minutes for finetuning, 25 minutes of goal coverage and pressure relief.

Wrap up and closing

6 minutes — Each person gets two minutes to describe the reduction of their pressures and their satisfaction with the progress made on their three PRG goals. Gratitude.

3 minutes — Set next steps and schedule future PRGs.

1 minute — Close on time with a moment of silence and the Serenity prayer.