

PRG FRAMEWORK

Here is the loose format. Canadian Intergroup is starting to work on a pamphlet.

Roles: recipient, meeting lead, scribe and HP.

Recipient just shows up to be fully present and does not take notes. Those will be provided. Main responsibility of recipient is to schedule the PRM and get their numbers and pressures ready.

It is recommended that the recipient have finished 80% of actions before their next PRM

For the notes, I usually write what the scribe from my earliest PRMs wrote...

Present: recipient's name, lead's name, scribe's name, HP

Open ~ **Serenity prayer**

Intro: we are not experts, financial advisors etc, just debtors. Layout what to expect in the meeting (recipient is often totally stressed out)

Reading (chosen at random by recipient from DA or AA literature) what did it bring up for each person?

Celebrations since last PRM

Unfinished actions from last PRM – no need to get too deep in these but you can ask what is getting in the way of completing them - which might lead to new actions. Add unfinished actions to new list plus any new actions brought up by what's been standing in the way. Some unfinished actions will just drop off, because the recipient isn't willing to do them or because they are no longer relevant.

Pressures - just write down the list, don't get into detail. This will come later. It can be tempting to work through them here but keep this section short.

Action list. Work through the pressures one at a time, traditionally from the bottom up, and suggest actions to reduce each pressure. If recipient is open to doing the action, write them down in a way that is clear to and works for recipient. I will usually repeat what I have written out loud to make sure I have salty red it right.

Read back action plan. Summarizes meeting and makes sure scribe didn't miss anything and that all pressures have been addressed (if time sufficed). Often just reading them out will catch things that are unclear and this is a great time to fix that

Schedule next PRM (optional)

Close ~ **Serenity prayer**