



Pressure Relief Group Meeting on Page 17 of the Combo Book

Pressure Relief is available for you.

"We encourage every Gambler's Anonymous member to have a Pressure Relief Group Meeting as it offers guidance toward a normal way of thinking and living."

What is a Pressure Relief Meeting?

- ◆ It is a tool of our recovery.
- ◆ It is for any member, old or new, who wants a better understanding of their relationship with money.
- ◆ Other members volunteer their time to share their experience, strength, and hope with you.
- ◆ Financial inventory is part of Step 4 in our recovery program.
- ◆ Provides a practical step-by-step guide on the following:
 - ⇒ Contacting creditors
 - ⇒ Creating a sustainable budget
 - ⇒ Exploring ways to increase income
 - ⇒ Suggesting ways to implement strategies to reduce bills

The first 4 tasks to get started

1 Regularly attend GA meetings

Attend as many meetings as possible, but at least one full meeting a week.

2 Get a Sponsor (Temporary Sponsor - support person for this process)

The Gamblers Anonymous program strongly recommends that every GA member have a sponsor. Our Pressure Relief experience has shown more successful results when working with a sponsor.

3 Track your expenses

One of the Pressures that a PRGM can relieve is financial. Tracking your expenses will provide insight into where your money goes, how to repay your debts, and become accountable.

4 Schedule your PGRM meeting

Contact your PRGM Committee for further guidance.

FOR ADDITIONAL INFORMATION CONTACT US AT:

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