

Record Keeping: Debtors Anonymous Conference Approved Literature

Debtors Anonymous (DA) is a 12-step fellowship for individuals struggling with compulsive spending and debt. The program emphasizes personal responsibility, honesty, and accountability, and provides a supportive environment for members to share their experiences and learn from one another.

Record keeping is an essential part of the DA program. It helps members track their spending, identify patterns, and stay accountable for their financial choices. The DA conference-approved literature provides guidance on how to keep accurate records, and offers a variety of tools and resources to help members stay on track.

Keeping accurate records provides a number of benefits for DA members, including:



Record Keeping: Debtors Anonymous Conference-Approved Literature by Debtors Anonymous

★★★★☆ 4.8 out of 5

Language : English
File size : 121 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 8 pages
Lending : Enabled



- **Increased awareness of spending habits.** When members track their spending, they become more aware of where their money is going. This can help them identify areas where they are overspending, and make changes to their spending habits accordingly.
- **Early identification of financial problems.** Record keeping can help members identify financial problems early on, before they become overwhelming. This can give them time to take action to address the problems, and prevent them from getting worse.
- **Accountability.** When members keep records, they are more accountable for their financial choices. This can help them stay motivated to make positive changes, and avoid relapse.
- **Support from others.** The DA conference-approved literature provides a variety of tools and resources to help members keep accurate records. These resources can provide support and encouragement, and help members stay on track.

There are a number of different ways to keep accurate records. The DA conference-approved literature recommends using a simple spreadsheet or ledger to track spending. Members should record every purchase, regardless of how small, and should include the date, amount, and description of the purchase.

In addition to tracking spending, members should also keep track of their income and assets. This will give them a complete picture of their financial

situation, and help them make informed decisions about how to manage their money.

The DA conference-approved literature provides a variety of tools and resources to help members keep accurate records. These resources include:

- **Spending Log:** A simple spreadsheet that members can use to track their spending.
- **Income and Asset Tracker:** A spreadsheet that members can use to track their income and assets.
- **Budget Worksheet:** A worksheet that members can use to create a budget.
- **Financial Planning Guide:** A guide that provides information on how to manage money and avoid debt.

These resources are available for free on the DA website.

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By following the guidance in the DA conference-approved literature, members can develop healthy financial habits and achieve financial freedom.

- Debtors Anonymous website: <https://www.debtorsanonymous.org/>
- DA Conference-Approved Literature:
<https://www.debtorsanonymous.org/conference-approved-literature/>
- Spending Log: <https://www.debtorsanonymous.org/spending-log/>
- Income and Asset Tracker:
<https://www.debtorsanonymous.org/income-and-asset-tracker/>
- Budget Worksheet: <https://www.debtorsanonymous.org/budget-worksheet/>
- Financial Planning Guide:
<https://www.debtorsanonymous.org/financial-planning-guide/>

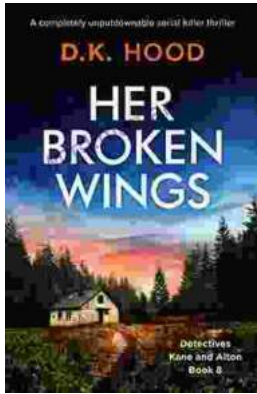


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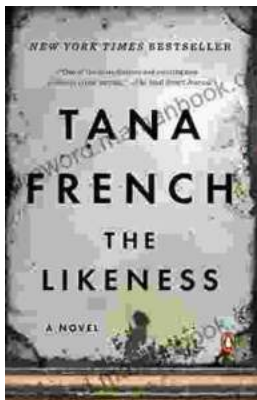
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