**Suggested Speaker Guidelines**

**DAIS: Debtors Anonymous Intergroup of Sacramento**

Having a speaker at an Intergroup event is a great way to provide service, and an effective way for members to grow and accelerate in recovery. The audience will be grateful and inspired almost no matter what your speaker says or does, but these guidelines will help your event stay on point.

**Suggested Qualifications for Speaking at Intergroup/DA Events**

1. Abstinent from incurring unsecured debt: at least 1 year (not necessarily solvent).
2. Attending DA for at least 1 year.
3. Currently attending meetings on a regular basis.
4. Have both received and given a Pressure Relief Meeting.
5. Currently have a sponsor.

**Suggested Guidelines for Speaking at Intergroup/DA Events**

1. Attempt to address the theme of the event and/or describe: a) what your life was like before the program, b) what your recovery process was like in program, and c) what your life is like now.
2. Stay within the time allotted to speak.
3. Refrain from mentioning membership or experiences in other 12-step programs or other methods of recovery.
4. Refrain from mentioning /promoting outside literature, movies, etc. (i.e. non-conference approved).
5. Refrain from discussing politics, specific religions or other outside issues.