

# Pressure Relief Meeting Guidelines

It is generally suggested that you have a Pressure Relief Group of 2 or more compulsive debtors, often it has been traditional to have one female and one male to give different perspectives, however this may not be necessary.

Members of your Pressure Relief Group ought to have at least 90 days of consecutive solvency as well as have had 2 Pressure Relief Meetings of their own before they serve on your Pressure Relief Group.

Once you have a PRG formed, find a day and time all 3 of you can meet for 1 hour to have a Pressure Relief Meeting.

In the first meeting it can be helpful to follow these processes:

Choose 1 member of the PRG to direct the meeting, moving it along and being mindful of time

Choose a 2nd member to record the agreed actions to be taken following the PRM. This allows the person receiving the PRM to focus more fully on the meeting

During the Pressure Relief Meeting it can be helpful to follow this template:

1. Gratitude's and Celebrations - these are occurrences and situations that are outside of the actions from the last PRM
2. (Does Not Apply to a 1st PRM) Review last PRM's action plan and what was actually done in regards to the planned actions - a time of reflection not to beat yourself up over what may not have been completed. Often, incomplete items are simply added to the action plan for this PRM
3. Pressures - what are pressing situations (not always financial) that the receiver of the PRM is seeking relief from in the form of experience and guidance from the PRG.

At the end of the PRM a review of the Action Plan is helpful to make sure everything is captured and agreed to by the PRM recipient, it can be helpful to limit the number of actions to prevent feeling overwhelmed

This may also be a good time to schedule the next Pressure Relief Meeting, or it can be done after the meeting as time and schedules permit.