

Living in Balance

Spring 2004 The International Quarterly

Newsletter of Workaholics Anonymous

Affirmations for Workaholics

From the Forthcoming WA Book of Recovery

- 1 The less I struggle, the more open I am to inspiration. The more I take it easy, the more I accomplish.
- 2 My Higher Power wants me to realize my vision of joyful work and a balanced life and gives me whatever I need to achieve it at the right time.
- 3 I do everything easily and effortlessly.
- 4 My life is full and underscheduled.
- 5 I now receive full assistance and cooperation from all persons necessary for realizing my work vision. I attract only loving people.
- 6 The more I risk, the safer I am.
- 7 I am more effective by being more selective.
- 8 The more I play, the more God works.
- 9 I have time to spare and time to share. Time is my friend.
- 10 My top priority is doing my being. Before I do anything, I first do nothing.
- 11 I draw to myself everything I need for a joyful balanced life.
- 12 My doing my right work strengthens all my relationships. My work brings me closer to those I love.
- 13 When I take time, I make time. The more I take my time, the more time I have to take. I don't have time not to have time.
- 14 I am entitled to my right work and deserve the enjoyment, recognition, and health that right work brings.
- 15 I live by divine appointment with broad margins.
- 16 I am still in the midst of activity and vibrantly alive in repose. I take an emergency leisurely.
- 17 The slower I go, the faster I grow.
- 18 Even when offered the best, I say no if I need rest. Rest is the best reward I can give myself.
- 19 My body is my friend and my temple. I bless and thank it daily and obey its signals.
- 20 Emotions are information. I honor their important messages.
- 21 I love myself no matter what. I'm perfect just the way I am. I am enough. I have enough. I do enough.

Summer 2004 World Conference Schedule Set—Registration Closes June

The schedule has now been set for the next WA World Service conference, convening this July 30 through August 1 at sunny Mercy Retreat Center near San Francisco, California.

Please flip to the back page of the newsletter for a view of the detailed schedule.

What kind of meetings will there be? All meetings will run for one hour and fifteen minutes with the exception of the early bird meeting and the closing circle, each of which will be one hour long. The meeting descriptions are as follows:

Step Meetings: Primary focus on the noted steps

Tools Meeting: Practicing the Tools

Speaker Meeting: Guest speaker tells his/her story

Play and Fun: Activities that make us laugh.

Games are either active and physical or sedentary and playful.

Enjoy the quiet and peaceful surroundings of a retreat while getting the fellowship, step work, tools and experience of other WA members. The only requirement for membership is the desire to stop working compulsively.

There are four conference options available, including full meals and accommodations (\$225, \$200 Early Bird), a commuter package (\$145, \$120 Early Bird), a Saturday full-day special (\$60, \$50 Early Bird) and meeting-only (\$25/day) options. Early bird discounts apply for registration by May 1, 2004, and final registration is due on or before June 20, 2004. You can call the WA-WSO number 510-273-9253 to have a conference package sent to you.

Inside This Issue . . .

Tool Review: Meetings

Information on Experience Strength and Hope at the Upcoming Convention

Literature Review:

Draft Literature for Groups and Members to Review

Draft "How Recovery Happens"

New Draft "Tools of Recovery"

Step Study: Step Seven

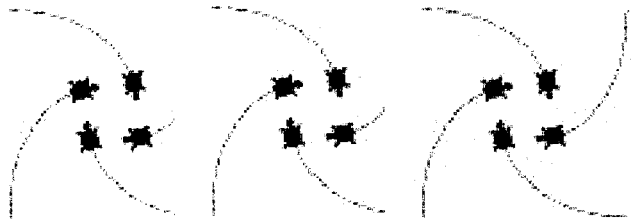
Several flavors of humility during spiritual awakening

About Workaholics Anonymous

Workaholics Anonymous is a fellowship of individuals who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from workaholism.

The only requirement for membership is a desire to stop working compulsively. There are no dues or fees for WA membership; we are self-supporting through our own contributions. W.A. is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stop working compulsively and to carry the message of recovery to workaholics who still suffer.

Views and opinions expressed in this newsletter are personal and belong to the person who shared them. Take what you like and leave the rest. They do not necessarily represent official opinions or policies of WA-WSO.



About The WA Newsletter

This newsletter is published four times a year and is sent to all active WA groups in the US & abroad and to all "loners" who subscribe. Suggested subscription fee is \$8 to \$20 per year sliding scale payable to the WA World Service Organization. Meetings are also welcome to subscribe! Please keep your group's address and contact information current with WA-WSO. We are eager for your stories, articles, artwork, book reviews, and submissions. Electronic submissions can be sent via email to "wso@workaholics-anonymous.org". Please note that submitting materials to the newsletter means that you consent to have them published in print and online and that excerpts or in whole may be republished in other WA literature. Submission timeline for the Summer Issue is May 30th, 2004, and for the Autumn 2004 Newsletter, August 30th, 2004. Thanks!

Workaholics Anonymous World Service Org.

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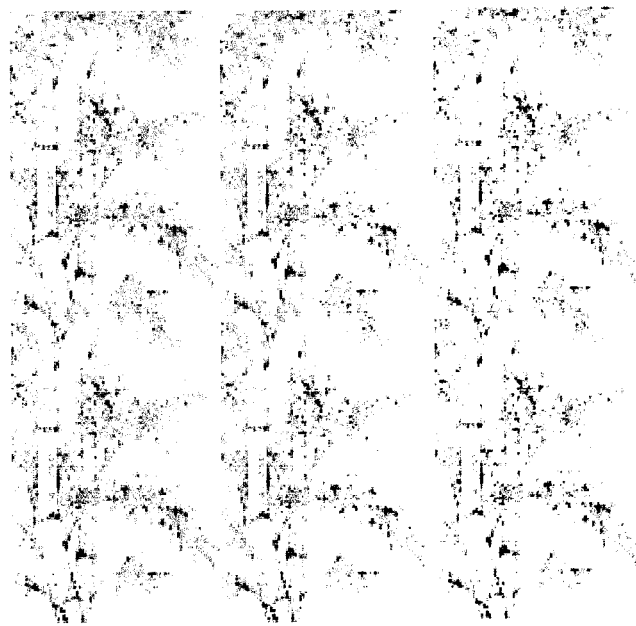
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WA-WSO

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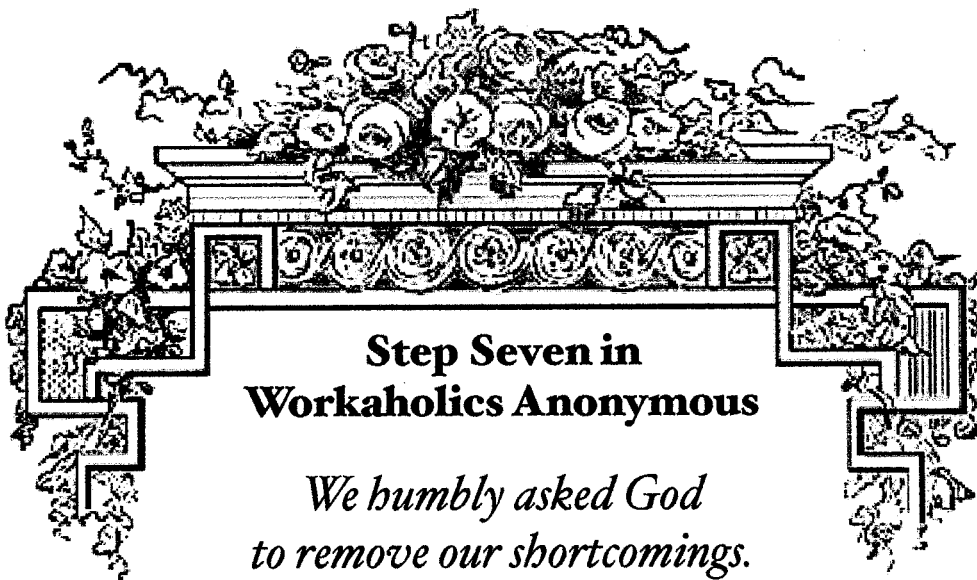
Menlo Park, California 94026-0289

510-273-9253



Newsletter Themes

The Theme for the Summer Newsletter is Step 8 and Willingness (submissions preferred by the end of May). Article Ideas on the topic of Step 8 include: A Feeling of Willingness, Amends I Cling To, Somewhat Willing, and, for the topic of Willingness, Willingness Prayers, How My WA "Bottom" Brings Me to Willingness, Recovery Walking Backwards, and A Spiritual Awakening. The Fall Newsletter will feature Step 9 with a submission timeline of August 30th. We are also recruiting contributions for a regular "Our Meeting," with highlights and innovations from different WA meetings, as well as answers and responses to this month's Questions and Answers. Please send us your articles, thoughts, and artwork!



Step Seven in Workaholics Anonymous

*We humbly asked God
to remove our shortcomings.*

When we are entirely ready to have God remove all of our defects of character through working Step 6, the next step was to humbly ask the God of our understanding to remove our shortcomings. In the 6th last step we workaholics fight our self will and pride. In step 7 we can experience the value of humility. We are a people preoccupied with power and prestige in our own accomplishments. We usually believe we were the one shaping our own destiny, demanding recognition, admiration and control from everyone, risking our health and perhaps the health of others. Our striving was to control time, people's behavior, and the outcome of everything. There was never enough time, money, or love. We were never enough.

Workaholics are not usually comfortable with humility. Yet this is the cornerstone to our becoming truly happy. Humility is the key to abstaining from compulsive work and worry. To be truly humble is to get really honest with ourselves and accept who we are. We are recovering workaholics with dysfunctional ways of coping, self-destructive patterns of thinking and doing, shortcomings that have gotten in the way of our usefulness to the greater good. Humility is a cousin to surrender. We surrender our shortcomings to a loving God of our understanding, knowing they will be removed. We are putting God first, not ourselves. We do this not by wishing or thought but by positive prayer. Some of us even get on our knees and say the Alcoholics Anonymous 7th step prayer

"My creator, I am now willing that you should have all of me good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."
- page 76, Alcoholics Anonymous, 3rd edition, 1976.

Some of us then list these shortcomings slowly and imagine in prayer what our life freed of our shortcomings could be like. In that time of "Conscious Contact" we can be greatly helped to experience our essential selves humbly living a new life free of our addiction and free of the characteristics that hurt us and others.

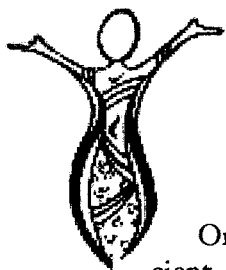
... We saw we needn't always be bludgeoned and beaten into humility. It could come quite as much from our voluntary reaching for it as it could from our unremitting suffering. A great turning point in our lives came when we sought for humility as something we really wanted, rather than as something we must have. It marked the time when we could commence to see the full implication of Step Seven: "Humbly asked him to remove our shortcomings."

As we approach the actual taking of Step Seven, it might be well if we [W.A.]'s inquire once more just what our deeper objectives are. Each of us would like to live at peace with himself and his fellows. We would like to be assured that the grace of God can do for us what we cannot do for ourselves. We have seen that character defects based upon shortsighted or unworthy desires are the obstacles that block our path toward these objectives. We now clearly see that we have been making unreasonable demands upon ourselves, upon others, and upon God.

The chief activator of our defects has been self-centered fear—primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over [compulsive work], and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

Excerpted from "Step Seven," pages 75-76, in AA's Twelve Steps and Twelve Traditions, with word substitutions in brackets



From Contraction to Arms-Wide Embrace: Working Step Seven

One way my sponsor coached me to approach Step 7 was to consider why Step 6 in itself was not sufficient. In Step Six I become willing to have the source of all creation remove my negative coping mechanisms from me.

In working Step 6, I had combed through my fourth step—which of course, being a workaholic, I summarized in an Excel spreadsheet that had 400+ alphabetical, unique entries by character defect (negative coping mechanism) and character asset. I scanned the entries. Some of the coping mechanisms I was really ready to release, having fully understood how they harmed me. Others, I pondered how they still served me, and journaled on that. Upon further reflection, I became ready, on Higher Power's time, to become a fundamentally different person than I had been as a practicing addict.

The reason why Step 7 is a separate step beyond Step 6 is that part of my spiritual awakening requires me to release my negative coping mechanism of "playing God" (related to other defects such as "center of the Universe," egoism, egotism, self will run riot, illusion of control, etc.). Just because I am willing to have the defects of character removed in Step 6 doesn't mean that they will be instantaneously removed. Step 7 is a living out of Step 3, where I've turned my life and will over to the care of the benevolent Universe. Part of the motion of Step 7 is a motion of surrender. I approach my connection to the immense fabric of creation with an acknowledgment that I cannot skillfully run the whole universe (or even remove one defect by my own

The motion of Step 7 is an outward sweep of my arms to embrace a larger spiritual Source that has the power to lift the patterns of the illness. . . .

Humility for me is really this outward swinging, arm-opening, heart-opening welcoming of the larger resource of energy, life force, balanced knowing, and deepening that comes from my re-connection with a power greater than myself. I put down the defects and I open to receive the daily blessings of balance and clarity, groundedness and wholeness.

will alone)—in a word, "humbly." In this, I am engaging a larger flow of spiritual power, and use the W.A. tool of "Asking"—"asked God to remove our shortcomings." The healing in Step 7 is the release from the imprisoning isolation of workaholic's island of self-centered fear and illusion of control. In working Steps 1-6 I have learned that the end-run of the "playing God" pattern, which is at the core of my disease, is my being cut off from the larger flow of life, of intuition, energy, and guidance. It makes my life smaller and smaller, my vision and my body more and more constricted. Through working the steps, though, this process of contraction and dis-ease on a daily basis is brought to a stop. The motion of Step 7 is an outward sweep of my arms to embrace a larger spiritual Source that has the power to lift the patterns of the illness. Humility does not need to be me, head bowed, feeling bad and wrong. Humility for me is really this outward swinging, arm-opening, heart-opening welcoming of the larger resource of energy, life force, balanced knowing, and deepening that comes from my re-connection with a power greater than myself. I put down the defects and I open to receive the daily blessings of balance and clarity, groundedness and wholeness. By working Step 7, I open more deeply and wholly to Divine Will, so that source energy can more fully flow through me. I believe that is why the Twelve Steps and Twelve Traditions chapter on Step 7 speaks about going beyond pain-enforced humility and willingness to a heart-centered openness that promises having a different daily experience. The practice of surrender, of opening, at the heart of Step 7 is the healing and balm that nourishes our repatterning to health. And as my sponsor reminds me, that motion to partnership with Higher Power, condensed in the wisdom of Step 3 and Step 7, can be engaged as a practice of daily renewal, in prayer and in living from assets, one day at a time.



Workaholics Anonymous Meeting News



Successful Meeting Highlights: San Francisco's Tuesday Night Meeting

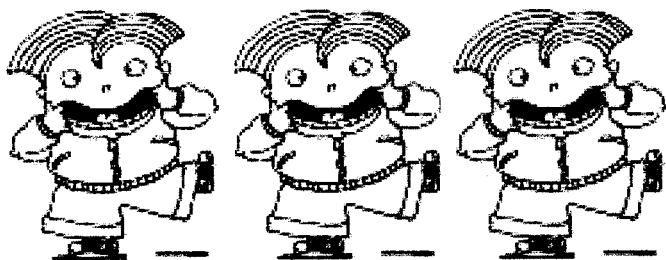
The Tuesday night meeting in San Francisco has been going strong for about five years. In the three years since I joined the program, the size of the meeting has grown from 2 - 4 people most weeks to 4 - 8 regular attendees. We have grown tremendously in our strength and unity as a group through planning and putting on two "WA Days" attended by members from other fellowships in the Bay Area and by helping to put on last year's World Service Conference. Our meeting has a rotating format. We have a speaker, games night, step reading and open sharing, with a grab bag meeting when there is a fifth week.

Because we are a small meeting, we have found it helpful not to have a regular secretary. We do have designated key holders who make sure the room is open for the group. Each meeting, one of the attendees volunteers to act as secretary for the evening. This takes the pressure off and allows members to contribute more or less according to their level of energy.

Games night is a unique feature of our meeting and one of my favorite. We were inspired by the Oakland group's inclusion of play in their format and by experiencing recovery through play at the first WA Day. We tried a number of different types of play and fun and different meetings structures. Our current format includes brief shares (2 minutes each) followed by 30 minutes or more of non-competitive play. The game that has worked best for us is charades. By practicing the tool of Play and Fun, we have learned to laugh more and built our sense of community. Games night has strengthened my recovery by reminding me how fun it is to laugh and be silly. I leave the meeting wanting more of this good stuff and I have added more recreation to my life since we started this practice. Do other meetings find ways to bring Play and Fun into their group recovery?

Another unusual format is the Grab Bag. Each member puts a question or a topic into a basket. We then pull out the questions/topics and whoever wants to can share on each one. Shares are limited to 2 minutes so we can get to as many questions as possible. We have found this format leads to interesting and focused discussions of topics we might not otherwise have addressed as a group.

If you are visiting San Francisco, please feel welcome to drop in - we are always thrilled to meet WA members from other areas. Our meeting is 8pm - 9pm, Tuesday, at 3400 16th Street; enter on Church through the gray doors 50 feet from the corner.



New Pennsylvania Meeting Twice Monthly

There is a new meeting which will run every 2nd and 4th Sunday from 2:30 to 3:30 p.m. It is located at Rose Tree Church of the Nazarene, 1810 N. Providence Road, (Rose Tree) Media, Pennsylvania 19063. Directions: At the "V" split of Rte 252 and Providence Road (Across from Rose Tree Park), park in the lot. Enter the main double doors. Turn right to the "Library" on the left at the end of the hall. Contact phone numbers available from WA-WSO.

Work-Anon Website Available

Please feel invited to visit www.io.com/-workanon as an WA outreach site that might be helpful for members.

Members Connecting

Members mentioned here are available by contacting WA-WSO by phone, email, or postal mail.

- Two people are interested in setting up a teleconference meeting.
- Someone in New Zealand is interested in setting up a chat meeting at a time convenient for people "down under."
- Someone in New Mexico is interested in writing letters by email to another workaholic.

Workaholics Anonymous World Service Organization 510-273-9253
email: wso@workaholics-anonymous.org
WA-WSO, PO Box 289
Menlo Park, California 94026-0289

Share Your Inspiring Meeting Share with the Larger Fellowship

One member writes: "Recently one member shared a particularly interesting story about her recovery, and said that she hasn't talked about this as much as she did when she was new. I found it incredibly helpful. I thought then about asking all the members, that when someone shares something that really helps you in your face to face meeting, suggest they submit it to the newsletter."

W.A. Q&A

Questions WA members would like to hear your answers to the following questions:

(please send in responses by end of May)

1. How do meetings handle meeting topics? Literature reading, favorite topics, etc.?
2. Financial prosperity for meetings, different approaches.
3. What are group's tips and success stories on publicizing new meetings?

Pre-Conference Yosemite Trip In the Planning

A member is interested in loosely organizing a trip to Yosemite the week before or after the WA conference. Share hotel rooms, hike/sightsee/do whatever during the day, talk with people at night or have informal meetings. Might be \$200-\$300/person plus food for Sunday-Thursday nights (thinking that would work well for the week before). For those of us flying in from out of state, that would be an added reason to go and a chance to connect to other WA members in a longer time span than the conference. I can make the hotel reservations relatively soon and then cancel them later depending how many are interested. If nobody else is interested I will go by myself and either stay in a tent or a hostel. Contact WA-WSO for the organizer's contact information.

Instructions for Reaching the Closed WA Voice Chat Meeting on Recovering Workaholics

Meeting is held weekly, on Sundays, at 2:00 p.m. U.S. Eastern Time (ET) and lasting about two hours:

- ✂ You need to have Windows OS, also a microphone or the ability to type fast. (You will need to enter a login name, which doesn't need to be your usual one. Your password at Yahoo doesn't need to be your usual one.)
- ✂ Go to <http://groups.yahoo.com/group/recoveringworkaholics/chat> and sign in with Yahoo.
- ✂ You don't have to post anything at the Recovering Workaholics group.
- ✂ In the left sidebar, click on "CHAT"
- ✂ This meeting is conducted like any traditional WA meeting. The Secretary reads the opening and closing, there is a topic and people share in turn.
- ✂ The login names of all participants in the voice chat are visible to each other but not to outsiders. Anonymity and the "closed meeting" can be enforced about as well as in face to face meetings.
- ✂ You may be asked to wait to be checked out before being welcomed into the voice chat group. This is done to try to weed out commercial entries.
- ✂ Some people have tried a Mac version of chat software, successfully tested on a 2-person PC/mac chat. Check that out at www.ivisit.com.

Researcher in Ireland Looking for Recovering Workaholic StudyParticipants

Greetings from Ireland!

I am currently investigating workaholism and I am looking for people to participate in my study. I am a full-time PhD student at Dublin City University Business School and I have a first class honours degree in Applied Psychology from University College Cork. I have a short questionnaire on working patterns that takes about 20 seconds to complete (<http://student.dcu.ie/~breenm4/questionnaire.html>). It is completely confidential and anonymous; the only identification mechanism in it would concern people who may be interested in taking further part in the research. This questionnaire was developed by M.M. Machlowitz* in 1980.

She interviewed over 100 workaholics and found the behaviours featured in the questionnaire, to be indicative of workaholism. This questionnaire serves as a preliminary research tool in my thesis, it is just to get a general flavour of the participant's work patterns. My main methodology is in-depth interviewing. The vast majority of workaholism research employs questionnaires as the main research tool.

I have chosen to conduct interviews, as I feel it will enable the more human or 'softer' side of workaholism to be explored. Anonymity and confidentiality is guaranteed in this study. Participants are free to use a pseudo name if they wish but their names will not be put on any records and will not appear in my thesis. The interview should not take any longer than a half an hour. Feedback will be provided to all participants in the form of a general synopsis of the emergent themes. I would be extremely grateful for this help.

[Please contact WA-WSO if you would like the contact information for this researcher.]

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### **Workaholic Questionnaire Used in the Research**

- |                                                                      |     |    |
|----------------------------------------------------------------------|-----|----|
| 1. Do you get up early, no matter how late you go to bed?            | Yes | No |
| 2. If you are eating lunch alone, do you read or work while you eat? | Yes | No |
| 3. Do you make daily lists of things to do?                          | Yes | No |
| 4. Do you find it difficult to 'do nothing'?                         | Yes | No |
| 5. Are you energetic and competitive?                                | Yes | No |
| 6. Do you work on weekends and holidays?                             | Yes | No |
| 7. Can you work anytime and anywhere?                                | Yes | No |
| 8. Do you find vacations 'hard to take'?                             | Yes | No |
| 9. Do you dread retirement?                                          | Yes | No |
| 10. Do you really enjoy your work?                                   | Yes | No |

\* Machlowitz's (1980) book is entitled *Workaholics: Living with them, working with them* and was published by Addison-Wesley.

## A Workaholic's Story

### Part 1: The Roots of Work Addiction

I grew up as the second child in my family. I have a sister who is eight years older than me. I do not remember many things or feelings from the early days in my life. But I know that I was not a young boy who needed a lot of care. Probably early on I intuitively received the impression that my parents did not have enough power to care for me in an emotional way. Extremely expressed, there was no space for my aggressions during childhood. I felt that these feelings would be dangerous to my young life, because—if expressed—my parents would kill me.

So fear is one of my first conscious feelings. Later, during therapy, I called this feeling the “concentration camp feeling” because there were not a lot of situations where I was in reality the victim of physical violence. But the result of real or felt danger was the same: I commenced a pattern of inner emigration. I did not trust my own feelings, because I didn't want to feel them!

So I learned to adjust myself to the specifics of my family situation. My father does not appear in my early memories because he was rarely physically or psychologically present. My mother shouted all the time about the fact that she was burdened with the responsibility of all the work of the household and the emotional care of the family. She was overloaded in her role as a mother, and my father was absent. My father chose hobbies parallel to his job, which demanded the lion's share of his free time. It is significant that he did his hobbies solo. He did not search for social exchange outside the family—he worked alone in his hobby-cellar, wanting to be isolated.

In these years, before entering school, another abuse began: my parents dealt with me not as a child but as an adult. In my presence they talked about politics or problems in their marriage. A short time after I started school, the other pupils gave me the nick name “Professor.” As a six-year old, I spoke in an adult way, but the other students could not understand me. I was isolated. I had no pleasure or play. The other pupils condemned me as “not being one of them”; my

answer was arrogance. I gave myself the answer that I would be more highly developed than they were. In fact, they were more highly developed in an emotional way, because they were educated as independent children.

The older I was, the harder my mother forced me to be a judge—or to act as a mediator—between her and my father. The procedure was always the same: my father came home from his job in the evening, “escaped” from his family (-problems) in his hobby-cellar. My mother shouted for a long time, until I did “my job.” I forced my father to speak with my mother about the actual problems (money, work in the household, etc.). No real conflict or discussion resulted. My parents then spent time in one place, but they didn't find solutions to their problems. They said that there were no real problems. They escaped from their problems by defining my role as the mediator as “the” problem. This procedure followed up in the next years a thousand times. . . .

*Part 2 will be published in the next edition of Living in Balance.*

#### Draft Literature for the WA Book of Recovery

*Materials for Meeting Review before July Conference Review and Approval*

| <b>There is NEVER TIME TO:</b> | <b>BUT ALWAYS TIME TO:</b>            |
|--------------------------------|---------------------------------------|
| put things away                | search for them                       |
| do things right                | correct them later                    |
| drive safely                   | get into accidents                    |
| be patient                     | apologize for rudeness                |
| ask a question                 | suffer from assumptions               |
| follow your car manual         | get lengthy repairs                   |
| heed body signals              | have illnesses                        |
| listen                         | ask for a repeat                      |
| make extra keys                | be locked out                         |
| read the instructions          | ruin a new appliance                  |
| prioritize your work           | stay after quitting time              |
| monitor your fuel gauge        | run out of gas burn out or break down |
| rest or relax                  | burnout or break down                 |
| ask directions                 | get lost                              |
| make a checklist               | run home for an item                  |
| cool our temper                | have a heart attack                   |
| meditate or pray               | worry                                 |
| have a dental check up         | have a tooth extracted                |
| follow a budget                | get into debt                         |
| mend a rip                     | buy a new garment                     |
| share feelings                 | see a therapist                       |
| balance your checkbook         | call about bounced checks             |
| choose friends wisely          | end painful relationships             |
| select healthy food            | endure malnutrition                   |
| wait for guidance              | suffer from self-will                 |



## Draft for Review for the Upcoming WA Book of Recovery

*This is the reading meant to precede the reading of the Twelve Steps in Your Group. Please feel free to share this with your meeting, discuss, mark it up, add or delete, and send it back to the Menlo Park WA post office box (listed on page 2 of this newsletter) so that we can incorporate your feedback into the final version. Thank you!*

### How Recovery Happens in Workaholics Anonymous

We compulsive workers have found that no amount of will power or self-determination can make us stick to a sensible program of work for any permanent or lasting length of time.

We have found that self-reliance failed us. Self-reliance is good as far as it goes, but it doesn't go far enough. Some of us once had self-confidence, but it didn't solve our work problem or any other problem fully.

We have felt a need and have been seeking an answer to our dilemma. We have realized that our work obsession is only the outward manifestation of our inner emotional disturbance and our essential spiritual disconnection.

We who are recovering from the destructive consequences of work addiction understand, as perhaps few others can, the fear, depression, anxiety, and loneliness of being a workaholic. We are learning that the praise we get from others, our desires to get 'lost' in our frantic behaviors, and our sick sense of needing to avoid or accomplish goals, are all processes we use to escape the reality that we cannot completely control our lives or our experiences. We are learning that we can never get enough praise or get enough accomplished to truly feel good about ourselves; that workaholicism is a disease, and like all other addictive diseases it is progressive and fatal if not arrested.

We are also learning that recovery is possible. We learn to notice and identify our "bottom line" behavior. Unlike most chemical addictions, work addiction does not allow us to simply stop working and still survive. With Higher Power's assistance, by defining our personal "bottom line" behaviors, we can begin to notice when we are actively using work, and we can stop and pray or call a fellow recovering addict for support.

We feel the Workaholics Anonymous Program has an answer for us. Rarely has a person failed who has, with rigorous honesty, thoroughly followed our path.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it, then you are ready to take certain steps.

Remember that we deal with an obsession—cunning, baffling, powerful. Without help, it is too much for us. But there is One who has all power - that One is our Higher Power.

Half measures availed us nothing. We stood at the turning point. We asked God's protection and care with complete abandon.

Here are the steps we took, which are suggested as a Program for Recovery. . . . *[then read the Twelve Steps]*

## WA World Service Conference Schedule San Francisco, CA

Register by June 20—Discounted  
Early Bird Registration by May 1)



### Friday, July 30, 2004

| Time      | Activity        |
|-----------|-----------------|
| 3:30-5:00 | Registration    |
| 5:00      | Social Hour     |
| 6:00      | Dinner          |
| 7:30      | Welcome Meeting |
| 9:00      | Bedtime         |

### Saturday, July 31, 2004

| Time      | Activity                                                                                                 |
|-----------|----------------------------------------------------------------------------------------------------------|
| 7:00-8:00 | Room 1: Early Bird Meeting<br>Room 2: Quiet Time<br>Outside: Morning Ritual (labyrinth walk, meditation) |
| 8:00      | Breakfast (Dining Room)                                                                                  |
| 9:00      | Silent Auction Begins                                                                                    |
| 9:30      | Room 1: Speaker Meeting<br>Room 2: Meeting: Steps 1, 2, 3, 4                                             |
| 11:00     | Meeting                                                                                                  |
| 12:00     | Lunch (Dining Room)                                                                                      |
| 1:30      | Room 1: Tools Meeting<br>Room 2: Meeting: Steps 5, 6, 7, 8                                               |
| 3:00      | Room 1: Play and Fun Meeting<br>Room 2: Meeting: Steps 9, 10, 11, 12                                     |
| 4:30      | Free Time, Outdoor Pool Open                                                                             |
| 6:00      | Dinner (Dining Room)                                                                                     |
| 7:15      | Silent Auction Ends                                                                                      |
| 7:30      | Meeting: Gratitude                                                                                       |
| 9:00      | Bedtime                                                                                                  |

### Sunday, August 1, 2004

| Time      | Activity                                                                                                 |
|-----------|----------------------------------------------------------------------------------------------------------|
| 7:00      | Room 1: Early Bird Meeting<br>Room 2: Quiet Time<br>Outside: Morning Ritual (labyrinth walk, meditation) |
| 8:00      | Breakfast                                                                                                |
| AM        | Room check-out                                                                                           |
| 9:30      | Closing Meeting                                                                                          |
| 11:00     | Closing Circle                                                                                           |
| 12:00     | Lunch                                                                                                    |
| 1:00-2:00 | Conference Planning for 2005                                                                             |