

# Suggested Guidelines for Workaholics Anonymous Recovery Meetings

*Please adapt for your own group purposes.*

*Pass out the suggested readings: The Characteristics of Workaholism, Signposts of Workaholism, Tools of Recovery, How Recovery Happens, The Twelve Steps of Workaholics Anonymous, the Twelve Traditions and The Promises of W.A.*

“Welcome to the \_\_\_\_\_ meeting of Workaholics Anonymous. My name is \_\_\_\_\_ first name and I’m a workaholic and your present secretary of this group. Will all those who wish to please join me in a moment of silence, to do with as you wish, followed by the Serenity Prayer?”

“God grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

*Read the Preamble:*

“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 W.A. 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.”

“Now is the time we introduce ourselves by our first name only. Please let us know if you are here for the first time or visiting from outside this area so that we may welcome you. My name is \_\_\_\_\_.”

“I will pass around a list for names and phone numbers. This means the signers are willing to talk with you about the program between meetings.

“Are there any W.A. related announcements?”

## **POSSIBLE GROUP READING**

*Ask volunteers to read:*

1. *How Recovery Happens*
2. *The Twelve Steps of W.A.*
3. *Characteristics of Workaholism*
4. *Signposts of Workaholism*
5. *The Tools of Recovery.* “The tools can be read in any order and you may pass at any time.”
6. *A Tradition of the month*

## **SPEAKER/TOPIC**

The format of this meeting is \_\_\_\_\_.

*If it is a speaker meeting or a meeting that reads from literature, the speaker, Step, or literature is shared at this point, or other topic introduced.*

“We ask that we avoid cross talk. Avoiding cross talk means that when we speak, we address the meeting as a whole. We speak in the first person and do not give advice. Please do not share again until everyone who wishes to has had an opportunity to share. We keep the Twelfth Tradition of anonymity in mind, placing principles before personalities.

“The meeting is now open for sharing. The topic is \_\_\_\_\_.”

*At about 15 minutes before closing, the Secretary may say, "Would any of our newcomers wish to share?"*

## **CLOSING**

*At the end of the meeting: "Our meeting is now completed. If you didn't get an opportunity to share, please stay after the meeting and talk with someone."*

"By our Seventh Tradition, we are self supporting, declining outside contributions. I will pass the basket. If this is your first meeting, please don't contribute. The money we collect goes to pay for rent and literature, and to support our outreach to other workaholics." *Pass the basket.*

“A member will now read *The Promises of the Program*.”

“In order to preserve each member's anonymity, we ask that all you see here and all you hear here stay here. The opinions expressed are personal ones. Please take what you like and leave the rest.”

*Thank those who read during the meeting. Repeat welcome to newcomers and to any who are celebrating a birthday or anniversary of abstinence.*

“In closing, we are thankful to have this opportunity to grow in respect for ourselves and to learn a healthy attitude toward our work. No matter how deep rooted and desperate our workaholism, no matter how hopeless our problems seem, we start from where we are. By living the program one day at a time, we begin to experience the freedom and happiness it offers. As we grow closer to our Higher Power, we find we have become transformed. We have what we always sought, love and peace of mind. What seemed impossible is now a reality. If we continue to take action on our program, one step at a time, we find life becoming richer and more joyful.”

*Secretary distributes copies of the closing prayer.*

“Let's end our meeting with the \_\_\_\_\_ prayer." *Meeting choice, for example the Unity Prayer, the Serenity Prayer, the Third Step, Seventh Step, or Eleventh Step Prayer.*