

# Living in Balance

October 2007

*The International Newsletter of Workaholics Anonymous*

## *Workaholics Anonymous World Conference- A Nurturing Time* Conference Report from M. of Portland

There is nothing as heartwarming as being in a room with almost fifty other workaholics in recovery, writing and sharing Step work. The 2008 W.A. gathering lived up to its theme "Living the Steps" with robust workshops on each of the Twelve Steps. Panels of procrastinators and overdoers, experiential exercises, the sharing of meditations: all highlighted ways of working the Twelve Steps to aid in recovery. This year's conference kicked off with the release of the draft version of "The Twelve: Living the Steps in Workaholics Anonymous." Each participant received a copy and meeting copies were also distributed for review. This Step study book incorporates the Step questions from the W.A. Book of Recovery, and also includes artwork and interactive exercises from members, even a Fourth Step word search! If your meeting hasn't received a copy, World Service might be missing your meeting's freshest contact information- please refresh your meeting's Registration Form (see related inquiry/announcement on page 5). The Literature Committee is excited to get feedback, suggestions, edits, and additions by the end of February 2008, and planned publication is before the end of 2008! World Service is now taking pre-orders if you'd like to reserve your copy and help us raise the printing costs for the first publication (*see form pages 7-8*).

### **Conference Highlights:**

- \*Beautiful bookmarks with highlights of common Twelve Step prayers.
- \*A spacious meeting room looking out over a forest and the river, decorated by many creative members in all colors of the rainbow.
- \*A "Night Owl" meeting by moonlight with the forest and crickets nearby.
- \*Work-Anon held an early bird meeting on the topic of "Partners in Recovery" and announced their new blog site and twice monthly phone meetings <http://www.work-anon.blogspot.com/>
- \*Collective burning of the Step Three "surrender slips" and Step Seven character defects in the fireplace.
- \*A meeting on Step Ten and Eleven where members shared their favorite meditations.
- \* A vibrant Saturday night "fun night" with the fabulous silent auction raising over \$1100 in donations.
- \* Fabulous meals and fellowship, with blueberry picking, chaise lounging by the pool, and hiking rounding out the long weekend.
- \* Inspiring stories about service aiding recovery by some of the Board and committee members.
- \* More than thirty members arrived for the extra pre-conference day on Thursday- the sun shine blessed the event!
- \* I got a sponsee, got a new sponsor, and worked several Steps. The strength and support of being with so many recovering workaholics was astounding! A feeling of being accompanied in recovery, both for the newcomers (some of whom it was one of their first W.A. meetings ever!) and the old-timers, for those gearing up to start meetings, or those who had only met virtually--just fabulous! There is talk of one of the New York meetings helping organize the 2008 conference in a beautiful setting.....Can't wait to see you all next year! Thank you M.- nicely detailed.

*Please distribute this issue to your groups and newcomers alike and don't be shy about writing in about your own recovery experiences. (See pg 5 for that and other service openings) Thanks for the chance to serve- Editor Walt.*

### ***-IN THIS ISSUE-***

Portable Program Phrases · Extensive 4th Step Focus · W.A. Book of Recovery Order Form  
Announcements/Service Page · New WA Step Study Book Info!

### ***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 problems and help others to recover from workaholism. The only requirement for membership is the 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.

**Workaholics Anonymous World Service Organization**

**P.O. Box 289, Menlo Park, California 94026-0289**

**510-273-9253, WSO@workaholics-anonymous.org**

**<http://www.workaholics-anonymous.org>**

### ***PORTABLE PROGRAM***

***(Take them with you to work... or wherever you go.)***

"My highs come from my Higher Power"

"The more I play, the harder God works" .... Joseph C. Pearce

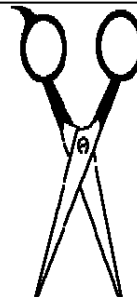
"Enjoyment is my way of keeping score."

"Sometimes The Best Plan Is No Plan"

"Emotions are information. I honor their important messages"

"Success is the quality of your journey."

*Excerpted from "Affirmations For Workaholics" & "Our Favorite Slogans" & "Helpful Reminders" with permission of the W.S.O. board of W.A., Workaholics Anonymous Book of Recovery (Pages. 180-183) See order form page 4.*



### ***Newsletter Subscription Form***

Please enclose (sliding scale) \$8 to \$20 payable to W.A. World Service Organization and mail to:

**Treasurer, W.A. W.S.O., P.O. Box 289, Menlo Park, California, 94026-0289.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone (optional, in case there are problems with the address or payment): \_\_\_\_\_



Greetings WA'ers. This is your old Editor, Walt, speaking to you. I want to report that apparently a good time was had by all at the Portland Convention a month or two ago now. That is, if anyone did not have a good time they were too codependent to mention it and, as such, codependency on the part of individual WA members cannot be controlled by WA World Service therefore World Service must not be held responsible for such acts, nor should it. Whew..... I'm glad we clarified that. That was close, wasn't it?

But I was unable to make it to Portland's convention, myself, this time-- mostly because of my back and hips getting into a serious pattern of pain that I can get into at times (especially when my chiropractor goes out of town it seems) and when it happens I just can't travel with any serenity, usually for a few days. But many of you who did attend signed and drew on a very wonderful card for me (I think Drew even drew on it) complete with well wishes and gift certificates for new automobiles and trips to Las Vegas and really nice things like that. Well I may be exaggerating about the free autos and trips aspect-- but really it was very touching and I want to say thanks so much for all the love and well wishes created and sent my way by all you folks.

Editor

*Before you begin or re-begin Step Four, Encouragement in the form of:*



### Step Four Quotations from the upcoming "Living the Steps WA Step Study"

“Step work has helped me tremendously to “clear away the wreckage” and learn (in Step Four through Five, Step Six through Seven) about the character assets underneath many of my negative coping mechanisms (a.k.a. character defects). For example, caring and self-love are underneath the guarded negative coping mechanisms of illusion of control and playing God, both motivated by fear (love that’s in a container that’s too small). Enthusiasm and delight are available beneath obsessive interest. W.A. is helping to unknot my spirit’s natural impulse toward health.” (*Workaholics Anonymous Book of Recovery*, page 46)

“As I completed several iterations of Steps Four and Five, I was also learning how to take contrary action when I observed that I was moving into a workaholic state. I learned to stop and breathe deeply and allow my body to relax. I learned to get up from my desk and walk around for a few minutes. I learned to go into the men’s room and say the Serenity Prayer several times. I learned to call another W.A. member. At first, I was able to take these contrary actions only after having acted out my addiction. Later I was able to take the necessary contrary action while I was acting out. Eventually, I was able to shift to more functional behavior when I saw that my actions and thoughts were about to lead me into a workaholic state. Then one day I realized for the first time that these contrary actions were a more desirable alternative to the ‘high’ I got from compulsive working and activity. The day that insight happened was truly an “Aha!” moment—purely a gift from my Higher Power, and I was deeply grateful.” (*Workaholics Anonymous Book of Recovery*, page 49-50)

### Recommended Readings & Related Readings

*Alcoholics Anonymous*, (“Big Book”), Pages 64-71

*Alcoholics Anonymous Twelve Steps and Twelve Traditions*, Pages 42-54

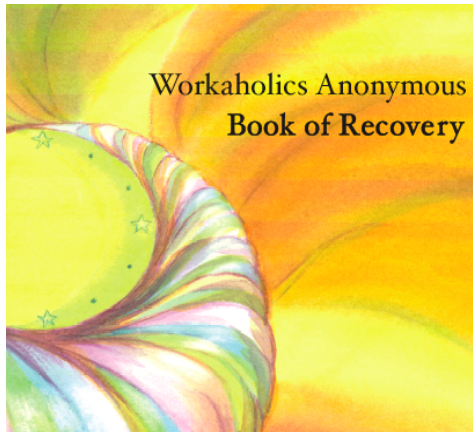
*Workaholics Anonymous Book of Recovery*, Pages 124-129

Member stories in *Workaholics Anonymous Book of Recovery*: 25, 46, 49

### **Step Four: Made a searching and fearless moral inventory of ourselves.**

The following questions (abbreviated some for newsletter purposes - see full Step 4 section in WA Book of Recovery) are meant to be helpful to the recovering workaholic who is ready to work the Fourth Step. It is easier at this point to have a sponsor or to be working the Steps in a group with others who have worked the Fourth Step. These questions are meant as a guide. It is best to have worked the first three Steps; turning our will and our lives over to a power greater than ourselves helps enhance the “fearless” part of this inventory.

*Step Four Focus continued on page 6*



## Workaholics Anonymous Book of Recovery Order Form

The W.A. Book of Recovery is chock full of member stories, helpful literature, information about the tools and principles, & W.A. basics. It also includes a Step Study Guide— everything to spread the message of recovery!

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Phone Number/Email \_\_\_\_\_

**Yes, I would like to order the following number of W.A. Books of Recovery:**

<b>Number</b> of Books _____  Times the Cost of Books @ <b>\$15</b> each (for 1-9 books)= 10-19 books, the cost is <b>\$12.50</b> each = 20-99 books, the cost is <b>\$10.00</b> each =	\$
<b>+ Shipping and Handling.....</b> (See chart below right)	\$
= Total Enclosed ..... PAYPAL Users can email us for details at fulfillment@workaholics-anonymous.org (Otherwise allow up to 4 weeks for delivery. Int'l orders: OK to write \$US on your check.)	\$

<b>Mail this order form with your check or money order in \$US. (Intl orders OK to write \$US on your check). Make check out to "Workaholics Anonymous" at the following. Adr.:</b> (Please send <u>book orders only</u> to this address)  <b>W.A. Book of Recovery</b> <b>PO Box 56416</b> <b>PORTLAND, OR 97238</b> Thank you! Allow up to 4 weeks for delivery.	<b>WITHIN US</b>	<b>US Postal Svc Priority Mail</b>
	1-4 Books	\$4.60 total
	5-8 Books	\$9.20 total
	<b>CANADA/MEXICO</b>	<b>US Postal Svc Global Priority</b>
	1-4 Books	\$9.00 total
	<b>INTERNATIONAL</b>	<b>US Postal Svc Global Priority</b>
1-4 Books	\$11.00 total	

<b>FOR INTERNAL USE ONLY</b>					
<i>Date Received</i>	<i>CheckNo.</i>	<i>Pymt Amnt.</i>	<i>Date Sent</i>	<i>Scan &amp; Send</i>	<i>InventoryID</i>

## ANNOUNCEMENTS

### *Website and Phone Meeting info.....*

**Alert!.....** New literature has been uploaded on the website for your meeting to use as readings, including:

\*The Characteristics of Recovery

\*Affirmations for Workaholics

These are readings from the W.A. Book of Recovery formatted as one-sheet readings for your meeting.

Check out these docs and the reorganized Literature page at:

[http://www.workaholics-anonymous.org/about\\_workaholism.html](http://www.workaholics-anonymous.org/about_workaholism.html)

**WA Telephone Meetings--** *There are two telephone meetings not yet listed on the WA website, one new as of this month, and one new as of this year. I thought I would let everyone know when they were and what the numbers were. Internet meeting info is at the bottom.*

#### **Meeting Times to call in:**

Sundays 7pm US Eastern time; 6pm Central; 5pm Mountain and 4pm Pacific.

Step Study focus reading and discussing the WA Book of Recovery.

Phone Number: 712-580-6300 Access Code: 728384#

Questions: contact [wasaturdaystepmeeting@yahoo.com](mailto:wasaturdaystepmeeting@yahoo.com)

Thursdays 9pm US Eastern time; 8pm Central; 7pm Mountain and 6pm Pacific.

Rotating topics each week - Story from

Literature/Step/Topic/Tools

Phone Number: 712-580-6300 Access Code: 728384#

Saturdays 2pm US Eastern time; 1pm Central; 12pm Mountain; 11am Pacific; Members suggest topics for discussion each week.

Phone Number: 712-580-0600 Access Code: 118778#

Questions: contact

Saturdayphone1workaholics-anonymous.org

Please consult <http://www.worldtimezone.com/> to translate these times to elsewhere in the world and to handle changes for daylight savings time in the US.

#### **Service in WA.....CONTRIBUTING LITERATURE TO THIS NEWSLETTER**

Living in Balance invites all W.A. members to submit writings to share their experience, strength, and hope with other WA members around the world. Don't be shy! Each of us, at all levels of recovery, has something to share that can help another workaholic abstain from compulsive working for one more day. Please submit your stories, articles, and artwork by emailing them to [newsletter@workaholics-anonymous.org](mailto:newsletter@workaholics-anonymous.org) or mailing them to Newsletter, Workaholics Anonymous World Service Organization P.O. Box 289 Menlo Park, CA 94026-0289. Please include your contact information and whether you would like your first name and location to be included as an author, or if you would like to remain anonymous. Please note that any materials submitted to the newsletter are assumed to be intended for publication, are subject to editing, and become the property of Workaholics Anonymous, which may publish them in any format and in any Workaholics Anonymous literature.

*SEE SCHEDULE BELOW FOR IDEAS AND DEADLINES.*

<b>Newsletter Issue</b>	<b>Step</b>	<b>Possible Topics/Theme</b>	<b>Tool or Principle</b>	<b>Submission Date</b>	<b>Publication Date</b>
WINTER 07-08	Step 5	Being Heard, Open to Feedback/Help	Sponsorship, Asking	JANUARY 5TH, 2008	JANUARY 2008

*Step 4 Focus continued from page 3*

The inventory begins by listing our present resentments, guilts, and fears. In this Step, as we name our attitudes and write about our patterns, both helpful and unhelpful, we begin to understand ourselves better. As we move through our Fourth, Fifth, and Sixth Steps, and as we practice the other parts of the program—meetings, action plans, meditation, surrender, and getting help—we notice we have become freer of these character defects and more appreciative of our strengths. The promises of true serenity and a healthy, balanced life will be ours.

Many of us have begun by using the Step Four guidelines in the Big Book of *Alcoholics Anonymous*, pages 64-71. We write our answers. The following set of questions can be used as a guide. Further guidance is available in the Step Four chapter of A.A.'s *Twelve Steps and Twelve Traditions*.

**Step Four Questions****RESENTMENTS**

1. We begin by listing our resentments, fears, and shame. The columns described in the Big Book are very helpful. Part of an example follows:

<u>I am resentful at:</u>	<u>The cause or event:</u>	<u>Affects my</u> <i>(Options include self-esteem, ambition, pride, security, personal relations, sex relations)</i>
Sam, my boss	fired me	Self-esteem Finances (security), pride
My partner	bugs me about work	Self-esteem Relationships

*Additional columns include identifying "My Part" and "Related Character Defects."*

2. What were the patterns of resentment and anger in my family of origin? (E.g. silence then rage, retaliation, passive resistance and acting out, blaming others.)
3. What are common triggers for my anger and patterns of expressing it?
4. What is my definition of healthy expression of anger and resentments? In what ways have I been respectful and assertive with my anger?
5. How have resentments taken up space in my daily thoughts?
6. Can I express anger without blame or criticism?
7. Am I a conflict avoider, pleasing others at any cost?

**FEAR**

1. How do I experience fear? What patterns of fear, worry, immobilization, procrastination, and anxiety do I have?
2. Is there a family history of fear and anxiety?
3. Where has self-reliance failed me?
4. What/whom do I trust? How has the experience of surrender, prayer, and meditation led to an increase of serenity?

**SEX**

1. Reviewing my past experiences, have I been selfish, dishonest, or inconsiderate about my sexual behavior? Have I taken health risks? Have I aroused jealousy?
2. Do I take my considerations about sex to my Higher Power for guidance?
3. Do I use work to avoid sex? Am I too depleted by work to have a healthy sexual relationship? What has been my pattern of work and worry, and how has it affected my sex and love life? Am I jealously possessive?

*More Step 4 questions are listed in WA's Book of Recovery - Step 4 focus continued on next page*

**Affects My... (Column 4):** Why did we have the feeling in Column 2? Specifically, how did it affect the self? Our instincts and needs?

Self Esteem:	How we view ourselves. Our need for internal esteem
Security:	Our general sense of personal well being (emotional, financial). Our need to feel safe.
Ambition:	Our goals, plans and designs for the future
Pride:	How we think others view us
Personal Relations:	Our relations with other people
Sex Relations:	Our basic drive for sexual intimacy

**My Part (Column 5):** Big Book *through the second paragraph on page 67*. What's the truth here? Where was my responsibility in this relationship? What might I have done instead? Where was I at fault?

**Character Defects (Column 6):** Big Book *page 67, third paragraph*. Where had we been selfish, dishonest, self-seeking, and frightened: When we saw our faults we listed them. Examples: self will run riot, playing God, illusion of control, manipulation, gossip, dishonesty, egoism, self-centered, judgment. From 12 x 12: sloth, envy, greed, etc.

**Character Assets (Column 7):** *As referred to on page 64 of the Big Book-* a complete inventory. Additional Column. If this is a defect entry, what asset of character could we have used instead? If an asset entry, what assets of character are we grateful for? For example, compassion, faith, worker among workers, humility, honesty, open-mindedness, willingness, tolerance, empathy, patience, helpfulness, etc.

Person, Place, Institution	Feeling (Resentment, anger, fear, etc. )	Situation	Affects My (Circle all that apply)	My Part	Character Defect (s) (Aka Negative Coping Mechanism)	Character Asset (s) (Whether possible or realized)
			Self- esteem Security Ambition Pride Personal Relations Sex Relations			

Try copying this chart if you like and repeat the process for as many fears, resentments, etc you can find. The other side of this page is a mail in form so be sure to copy first - mail in second!

Thanks...Editor

Join us in the Sunlight of the Spirit...

## Become Part of the **Founder's Circle**



For the Upcoming

# *Living the Steps W.A. Step Study Book*

Reserve your copy of this amazing 160+ page book – full of activities, stories, & Step writing space.  
Plus help raise money to fund the first printing.

*Expected Publication Date is Autumn-Winter 2008.  
Place your pre-order now to help fund printing!*

Tradition Seven: We are self-supporting through our own contributions. Support Levels:

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\$ 50 – **Lamp of Knowledge**  
\$100 – **Torch Bearer**  
\$200+ – **Rocket**

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**Thanks for your generous support!**

**All donations above \$15 per copy are tax deductible to the full extent of the law.**

**Make all checks payable to WA-WSO-Send to PO Box 289 Menlo Park, CA 94026 USA**

**Attention: Living the Steps Please remember to update your address with us via mail if you move so we can get the book to you when ready –update by emailing [wso@workaholics-anonymous.org](mailto:wso@workaholics-anonymous.org) and specify it's for the book.**

**Thanks! Donate online at [www.workaholics-anonymous.org](http://www.workaholics-anonymous.org)**