

# Living in Balance

April 2007

The International Newsletter of Workaholics Anonymous

## 2007 W.A. CONVENTION LOCATION ANNOUNCED

We are going back west again to meet outside of Portland Oregon in the town of Corbett, south of the Columbia Gorge. Portland area W.A. graciously hosted in 2005 and they are repeating the favor for us again, but at a different facility this time. The dates are Thursday August 23rd-26th at Menucha ([www.menucha.org](http://www.menucha.org)), about 35 minutes from Portland Int. Airport. Complete details are on the event flyer, conveniently located on the last pages (7 & 8) of this newsletter or online at [www.workaholics-anonymous.org](http://www.workaholics-anonymous.org). I want so much for every reader of this newsletter to be at the convention that I flirted with the workaholic idea of pressuring you to attend this recovery healing event by using clever or seductive statements causing you to comply with my wish. However I could never do that- and in fact I want to be completely transparent with my program by listing/red flagging each of these pressuring style statements below so that you will not fall prey to this kind of talk from others (or myself should I relapse.)

For instance, if I were to say something like *"My recovery depends on you attending and I know you wouldn't want my progress to falter so I am certain I can count on you to attend the 2007 Portland WA Convention."* You see, this is that old "I know you won't let me down" team player guilt inducing kind of statement. It kind of reminds me of the bully named "Biff" in the movie *Back to the Future*, as he would pressure Michael J. Fox's father into doing Biff's school work and then later Biff's *adult* job duties! Steer clear of people like this; they are trouble.

Or I might say *"I need you to attend the convention. Your attendance is the only thing that can save my program. You might even help your own program while you're heroically saving mine!"* See now-- I am playing that "You're-irrepressible, no one else can take your place." kind of ego stroking technique causing you to feel that you are irresponsible if you don't use your talents to include the Portland WA 2007 convention to your August schedule.

Pressuring people often don't take no for an answer.. *"I am considering lobbying congress to change the Constitution to make it federal law that you all attend the WA Portland Conference in August. However, you could prevent that if you would just make plans now to attend the convention; that way I can cross this admittedly ambitious, some say even oversized, task of changing the U.S. constitution by August off of my to do list.."* In truth, this would be an example of, me, overscheduling a piece of work (changing the U.S. Constitution by summer's end) and then guiltling you into attending as though you are the one to save me from my schedule. Bosses or family do this at times.

But I would never allow myself to pressure anyone to attend the August 23-26 2007 WA convention conveniently located just 22 miles east of Portland and taking place over a leisurely 4 day schedule. Yes there will be great shares, basketball, foosball, ping pong, laughter, swimming, tennis, as well as group fun at our Saturday Entertainment Night, but having fun and laughing it up over work issues is a common event in your life already, I am sure. You are perfectly within your rights to deny yourself this healing experience, one that attendees will probably be talking about for years. Don't let anyone talk you into coming under false pretenses. Stay strong.

Or, like me, you can admit you're weak, that you would like help to face your pressuring inner voices or job or boss, and that you need to take some time off to have fun and relax. Seriously, we do have a non-serious good time at the conventions and we would love to see you there but I want to restate..... **NO PRESSURE**.

*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 · 2nd Step Focus · W.A. Book of Recovery Order Form  
Service Opportunities Page · Newcomer Sensitivity Discussion · Complete August 2007 W.A. Convention Flyer

***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.)*

"Emotions are information. I honor their important messages"  
 "My top priority is doing my being. Before I do anything, I first do nothing."  
 "Know when to quit."  
 "Good enough is good."  
 "You Can't Run Your Life on Empty."  
 "Where there is life there is hope."

*Excerpted from "Affirmations For Workaholics" & "Our Favorite Slogans" with permission of the W.S.O. board of W.A., Workaholics Anonymous Book of Recovery (Pages. 182-183) 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): \_\_\_\_\_



**STEP/TOPIC FOCUS FOR THIS ISSUE:****STEP TWO****CONNECTING WITH A HIGHER POWER / LISTENING****Step Two in Workaholics Anonymous:**

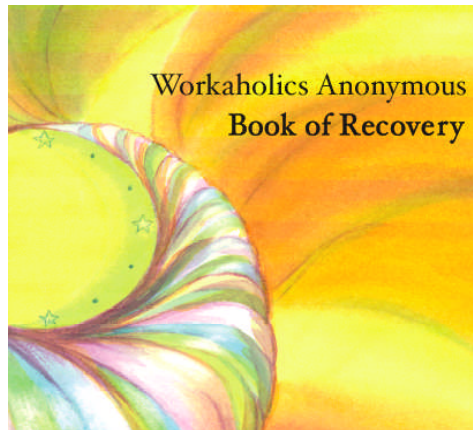
*"Came to Believe that a power greater than ourselves could restore us to sanity."*

All of the WA Book of Recovery step questions were designed to be answered in writing, one question a day for ten days, while working with a sponsor/co-sponsor. It is also suggested, if possible, that they be written in a Step Group. It takes time to face the full consequences of our affliction and how workaholism is manifesting in our lives. Many of us come to Step 2 with baggage. We are disillusioned with the religion of our childhood; we do not believe in a Higher Power or perhaps we believe in our suffering that God has abandoned us. Workaholics Anonymous does not tell us we must believe in any particular concept of a Higher Power; however, we have found that we must believe in something beyond our addicted mind that restores us to sanity.

**Step Two Questions:**

1. Using the work I did in Step One, I can draw a line down the center of a piece of paper, labeling one side "sanity" and the other side "insanity." What are examples of how I know when I am behaving sanely or insanely? What is a list of anything I do or think that is destructive to myself or to others such as compulsive behavior, obsessive thoughts (resentments, anxiety, worry, depression) or trying to control others?
2. How have I come to believe change is needed? 'What have I tried in the past to control work binges, pressure or procrastination before coming to W.A.?
3. How do false pride and shame avoidance influence my asking for help when I am feeling overwhelmed and powerless?
4. Since my willpower hasn't helped the consequences of my workaholism, am I willing to look for a power greater than myself to restore me to sanity?
5. How did I initially relate to the concept of a "Higher Power"? How has my attitude changed?
6. If I do not believe in a Higher Power, how can I "act as if"?
7. How do the tools, the telephone, meetings, sponsorship, meditation, and service restore me to sanity?
8. How do I experience belief as reliance on a Higher Power, not defiance?
9. What actions am I willing to take that others have told me worked for them?
10. How do I describe the experience of the presence of a Higher Power in my life?

*This page of W.A. Second Step discussion and questions is an excerpt from the W.A. Book of Recovery Pages 115-116 and is reprinted with permission of the W.A. World Service Board. See order form next page.*



## 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:**

Number of Books _____  Times the Cost of Books @ \$15 each (for 1-9 books)= 10-19 books, the cost is \$12.50 each = 20-99 books, the cost is \$10.00 each =	\$
+ Shipping and Handling.....(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.)	\$

**Mail this order form with your check or money order in \$US made out to Workaholics Anonymous at the following:**  
*(Please send book orders only to this address)*

**W.A. Book of Recovery  
 PO Box 56416  
 PORTLAND, OR 97238**

	<b>US Postal Service Priority Mail</b>
1-4 Books	\$4.60 total
5-10 Books	\$9.20 total
CANADA & MEXICO	US Postal Service Global Priority
1-4 Books	\$9.00 total
INTERNATIONAL	US Postal Service Global Priority
1-4 Books	\$11.00 total

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

## **SERVICE OPPORTUNITIES IN W.A.**

*These service positions are listed so that all W.A. members, not already serving others in W.A. as board or committee members, consider adding this dimension of commitment to their/our program. Early on, many of us are so unclear about work and how much we are able to do that it becomes easy either to fear, and hence disregard entirely, service work - or jump in before first consulting with our W.A. friends. We recommend neither extreme! We have found that, ironically, the work of service in W.A. does, with time, (and Stepwork as well) helps to heal and restore balance as to how we experience any and all work in our lives. We ask you to consider serving but we want members to accept on a gentle basis and know that we are all imperfect as we take on these tasks. A good way to "try on for size" is to volunteer for committees where your contribution or any "deadlines" are generally very flexible and rescheduling or reprioritizing your efforts is par for the course. Gentle service work is actually fun (believe it or not!) and very healing and leads to new experiences in our spiritual awakening. At a very minimum you can make great friends working alongside those who know your work troubles best, other W.A.'s. That being said, here are the latest opportunities:*

**POSITION ON W.A. BOARD OF TRUSTEES OPEN: TREASURER** ... Our Treasurer has recently needed to resign and has courageously done so, creating an opportunity for a new person to benefit themselves and their recovery while helping the fellowship as a whole. Below is a description from the Workaholics Anonymous By-Laws describing the Treasurer's position on the Board of W.A.

*"The Treasurer shall receive, deposit and disburse all funds of the corporation. He or she shall maintain full and accurate accounts of the corporation's properties and business transactions. He or she shall prepare, certify and present financial statements whenever requested by the board."*

It is suggested that members seeking Board positions have 2 years of sobriety in order to serve on the W.A. Board. The above description may sound very formal but our current board Facilitator has stated "The first sober person who wants this job has got it!" All kidding aside, even if you are not very experienced with computers or formal accounting we want to encourage you to contact us; a clear willingness to serve is truly the best qualification. This term expires on June 30th, 2008. Any interested person should contact Drew D. at this email address: [facilitator@workaholics-anonymous.org](mailto:facilitator@workaholics-anonymous.org)

**ART WORK FOR STEP STUDY WORKBOOK**.... We are on our way with a rough draft for a step study book, a draft we hope to have finished by the August convention, but we are still in need of artwork (especially black and white line drawing, cartoons, coloring book style artwork, etc.) that anyone would like to contribute. If you have or can create such pieces, please email [literature@workaholics-anonymous.org](mailto:literature@workaholics-anonymous.org)

## **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>Topics/Theme</b>	<b>Tool or Principle</b>	<b>Submission Date</b>	<b>Publication Date</b>
<b>Summer 2007</b>	Step 3	Letting Go/Big Decisions and Everyday Life	Action Plan, Accepting	<b>June 15th, 2007</b>	<i>JULY 2007</i>

*In keeping with this issue's theme of using **Step Two and the tool of Listening**, what follows is a summary of guidelines and reminders, sent in by M of Massachusetts W.A., created to help strengthen group retention of first time visitors and still "newish" members by taking extra care with each newcomer contact whether by phone or in person. By listening to a newcomer's reality and keeping a Higher Power in mind we can allow the message of W.A. recovery to help all those to whom such a message is meant to reach.*

### How to handle W.A. Recovery Calls: A Discussion.

The language of this discussion is aimed in the direction of phone contacts but may apply to e-mail, instant messaging, blogs, etc, which are now also ways newcomers may use to find out more about W.A. from group members.

#### **1. We don't usually know where the caller is starting from, but they usually tell why they are calling.**

They:

- Want to verify the meeting time and directions
- May or may not be familiar with 12 Step Programs
- Want a little basic information about W.A.
- Have an urgent situation
- Have an interest for themselves or a partner, relative, or friend
- Have visited the W.A. website [www.workaholics-anonymous.org](http://www.workaholics-anonymous.org)
- Have scored themselves or another person on the 20 Questions test
- Have a particular dominating issue. Work is interfering with a relationship (companionship or face time), a desired activity, time off, sleep, vacation time, or procrastination of some kind. Burn out may be a looming reality for them.

#### **2. If they leave a callback number or return email, and we use it, keep in mind commonsense guidelines.**

-We may be speaking to the right person, or someone else. Confidentiality and privacy matters. If a voice mail or answering machine comes on, we must be discreet even if it is someone we may have contacted before. Unless they have specifically told you otherwise there really is no telling what confidentiality issues may be present, or who will be taking the message at home or at work. "Hi this is Joe, returning a call from \_\_\_\_\_. My number is \_\_\_\_\_. PERIOD-SAY NO MORE!

-Be vague about what this is about and avoid spilling the beans, even on a repeat call. They may be much more sensitive about talking with us when privacy is not in place.

-If the original caller does answer, be a little cautious and listen to their cues.

Ask "Am I catching you at a good time?" or "Is this a good time to talk?" It really may be a bad time for good reasons.

-Just Listen.

-Answer direct questions but be wary of "trying to send a haircut over the phone." This is most tempting on a first call but can be most off putting to the new person.

-We need to avoid any hint of controlling, criticizing, dominating, or even assertive impressions. We are not on a sponsorship call. Care, concern, patience and sensitivity are in order.

**3. Reaching out to new or even newer members with program calls can be more of an art than a science.** Such calls are used to check in or just touch base, probably not heavy dialogue. Others will let you know if they want serious feedback. If there is no clear signal, ask "What can I do to help you?", "What would you like to talk about?" Sponsorship or Co-Sponsorship may be the next step for them. You might be willing to be a temporary recovery partner to them in this way. Keep in mind, though, no one person can be a helper to all and sometimes we must simply accept our limited ability to help certain people. We need to be wary of thinking of rescuing a person; it is a sure way to work ourselves out of serenity!

**4. Ideally we want to be able to refer people to some kind of W.A. meeting,** in case they cannot attend a local meeting for any reason, so having Phone (conference call W.A. meeting) information and/or upcoming Convention details handy is a very good idea. Or, we may need to direct the individual to consider getting help outside of W.A. if we learn that they are in any kind of very serious situation. Such people might be suffering from deep depression, abuse, drugs and/or alcohol, endangerment, paranoia etc. At such times, we know W.A. might help but such a person probably needs more and different help as well. As such we want to be prepared to speak to them accordingly with such language as "Your problem may be out of my league. Perhaps there is more to what you are describing than work issues. Can you get professional help? If you need to, please call 911." *Be careful because a lot could be at stake.*



**Conference Registration and Fee Structure**

- (Refer to the Conference Package Options below) The Main Conference fee includes charges for 6 meals, beginning with the dinner scheduled Friday evening. The Pre-Conference (Day) fee includes charges for 3 meals (supper on Thursday, breakfast/lunch on Friday).
- A limited number of **partial scholarships** are available for W.A. members. Please email your request to [wac.conference2007@earthlink.net](mailto:wac.conference2007@earthlink.net). Requests must be received by July 15, 2007.
- Registrations must be received by May 1, 2007 to be eligible for the **Early Registration Discount (ERD)**. The full registration fee is \$100.00. The registration fee with ERD applied is \$50.00.
- *For conference registration only:* send this form with a check made payable to Workaholics Anonymous to the following address—W.A., PO BOX 56416, Portland, OR 97238-6416.

**Conference Package Options (fees listed are per person)**

Occupancy (per person)	Main Conference Fee	Pre-Conference Day Fee	Main + Pre-Conference Day Fee
Triple	\$125.00	\$ 65.00	\$190.00
Double	\$160.00	\$ 80.00	\$240.00
Single	\$260.00	\$130.00	\$390.00
Commuter	\$ 90.00	\$ 45.00	\$135.00

Registration form:

Conference Options: (ERD deadline is 5/1/2007)

Name (please enter above the line)	Check only one of the following boxes:	
	Main Conference + Pre-conference [ <input type="checkbox"/> ]	
Email	Main Conference only [ <input type="checkbox"/> ]	
	Check only one of the following boxes:	
Street Address	Triple occupancy	[ <input type="checkbox"/> ]
	Double occupancy	[ <input type="checkbox"/> ]
City, State Zip Code	Single occupancy	[ <input type="checkbox"/> ]
	Commuter	[ <input type="checkbox"/> ]
Roommate(s) [for double or triple occupancy]	Fee from package options table:	\$ _____
	Registration fee \$100/\$50(ERD):	\$ _____
	W.A. Scholarship Fund Contribution:	\$ _____
Please describe any special dietary needs	<b>Total enclosed:</b>	\$ _____

[  ] Check if you want transportation information mailed to you. Indicate flight arrival/departure info if known.

Which W.A. meeting do you attend (city, day, time)?

Would you be interested in doing service at the conference?

Would you be willing to donate (an) item(s) or service to our Silent Auction?

*If yes, briefly describe the item(s) or service:*

*I cannot attend the conference but would be interested in (check all that apply):*

[  ] Assisting in the conference preparation through service or auction item. My contact information is given above.

[  ] Contributing to the W.A. Scholarship Fund. Enclosed is my contribution for \$ \_\_\_\_\_