



## *Living in Balance*

*January 2011 The International Newsletter of Workaholics*

**“Our primary purpose is to stop working compulsively and to carry the message of recovery to workaholics who still suffer.”**

(from The W.A. Preamble, page 3, “Workaholics Anonymous Book of Recovery”)



### **NEWS NEWS NEWS**

**New meetings:** Since January of 2010, there have been 17 new meetings started around the world. New meetings since 2009 include: Portland ME, Ljubljana Slovenia, Tucson AZ, Adelaide Australia, Farnham UK, Conifer CO, Fresno CA, Washington DC, Long Beach CA, Lisbon Portugal. Welcome!!!

**A new committee is seeking volunteers:** The Board of WA has set up a new committee to study: how do meetings actually get started? what leads to success? and what are the problems that cause meetings to go dormant? We are calling this committee “Meeting Development”. We are considering eight points to study, including contacting the WSR’s of meetings to learn from their experiences. Some of this effort will require telephoning and giving feedback to the committee, which can use volunteer help. Our hope is that this study will lead to a written guide for developing and keeping them going. Also we are seeking people to mentor new or failing meetings. All this takes time and energy, which most workaholics find in short supply. However, we believe that if this task is shared by several, no one person needs to be over-committed. To volunteer, contact us at: [newsletter@workaholics-anonymous.org](mailto:newsletter@workaholics-anonymous.org)”

**In the past few months** we have sent our literature to Iceland, Australia, Norway, England, Portugal, Brazil, Spain, Canada, Germany, Slovenia and more each week. We are supporting the translation of our literature into Portuguese and German. We are becoming international in scope!

**The eNewsletter** is now being sent out to 1846 recovering workaholics around the world. It comes out once a month and is FREE. It contains brief announcements of coming events and concerns. Check out our website ([workaholics-anonymous.org](http://workaholics-anonymous.org)) to subscribe.

**7<sup>th</sup> Tradition contributions** have been received from eleven different meetings since last June in the amount of \$1118. Thanks go to Cincinnati OH, San Francisco CA, Palo Alto CA, Minneapolis MN, Toronto Canada, Clarkston WA, Saturday Phone Meeting, Raleigh/Durham NC and Chicago IL.

**New phone meeting:** A new Monday night telephone meeting meets at 7:00 pm Pacific Time. The number to call is 1-218-844-0870. The entry code is 118778. The 1<sup>st</sup> Monday is a Speaker meeting, the 2<sup>nd</sup> is Step Study, the 3<sup>rd</sup> is “Read and Share” and the 4<sup>th</sup> is again Step Study. Check it out!

**The 2010 World Conference** was held in Menlo Park over the Halloween weekend (no witches present), with over 70 participants. It was a lively gathering with excellent meetings and opportunities to form friendships across the country. Professional recordings were made of all the meetings and are available for purchase at our website.

**Intellectual Property** policies were presented and approved by the board clarifying who may be entitled to use our materials and to translate them. These policies will be published on our website soon and will need to be approved at the 2011 Conference.

**Welcome new WA Board Members:** Susan S. of Boulder CO (literature), Ryan H. of Austin TX (webmaster), Laura R. of Athens OH (tech committee) and new positions for Bruce D. (secretary), Peter S. (treasurer) and Daniel M. (conference organizer). By the way, Laura met us for the first time at the conference and volunteered on the spot!

**The venue for the 2011 Conference** has been selected: Austin TX (date to be determined soon). The theme for this conference will be Sponsorship. We will keep you informed as the particulars are firmed up.

**Cooperation not Affiliation:** A new effort to let people know who we are and what we do is being launched. Based on the results of our outreach at the AA meetings in San Antonio and Chicago, we find that most other 12 Step people and groups don't know that WA exists, nor what we are up to. Your board will be making this effort formal and funded and announce how we suggest going about creating a presence at appropriate events and how your board can support this effort. We have chosen the name "Cooperation not Affiliation" as it explains that we are not asking other 12 Step organizations to approve or take part in our effort, and that our desire is to cooperate in that our goals are complimentary. As our preamble suggests, this is the heart of our program. Your participation at this planning stage will be valuable. Please contact us at: [wso@workaholics-anonymous.org](mailto:wso@workaholics-anonymous.org)

**VOLUNTEER NEEDED:** The current Communications Coordinator of WA needs to retire from this service for personal reasons. WA needs someone to take his place. The tasks are not large, but are essential in dealing with first and tentative inquiries from sufferers from compulsive working (and aversion). The duties consist of the following: (1) retrieving phone messages from our answering service and responding to requests, 1 to 4 per week; (2) responding to incoming email communications 3 to 5 per week; (3) entering these contacts into our database. The person who has these duties is willing to stay on to train a new person for as long as it takes. This function is currently also a Board position, which involves attending monthly telephonic Board meetings and expense-paid attendance at our annual Conferences. A person who assumes these duties needs to be a seasoned WA member with basic knowledge and allegiance to the 12 Step concepts. This is a great opportunity for Service and a way to influence the growth of WA. If you are interested and want to know more about this position, please contact [communications@workaholic-anonymous.org](mailto:communications@workaholic-anonymous.org).



**From members of our fellowship:**

**Calmly Working?**

Yes! It really can be possible! I don't have this wonderful feeling all the time, but it IS happening a lot more often as a result of my W.A. program and it is an AWESOME feeling. I came to W.A over three years ago when I hit an emotional and physical bottom with my workaholism. I had started my own business with a home office three years previous to contacting W.A. and I was very successful in growing my business AND driving myself into the ground. I was depleted physically and emotionally and it was beginning to harm my family relationships and my health. I was depressed and had no energy by the time it was 4pm every day because my body and mind were so (continued on page 3)

(continued from page 2)

exhausted from being adrenalized all day long. I had lived like this most my life but it finally caught up with me and my body was screaming – ENOUGH!

I had 19 years in another 12 step program when I came to Workaholics Anonymous and was aware of my work addiction for many years. When I had only 6 years of recovery, I purchased a work addiction book and worked the steps on this affliction on my own with no sponsor and no W.A. fellowship. I didn't know that W.A. existed, there was no website and no W.A. book yet. By working the steps I did receive a new awareness and made a lot of progress in my behavior with my husband and children but I still wasn't really getting to the main root of my issues and I didn't understand the adrenaline connection with the disease so I was still very driven and hard on myself physically.

I came to W.A. 13 years later and read the Book of Recovery, a whole new level of increased awareness came over me and I was now REALLY ready to look at the BIG STUFF that was driving my behavior. I realized my core beliefs about myself were that I didn't think I was good enough at anything AND that I had to be constantly doing something productive to be lovable. My identity was not tied up with "paid work" or a type of position. I was the "productive person" that got things done. I felt more valued and appreciated when people relied on me and I came through. Why did I have these beliefs? Where did these messages come from? I dug in deeper and starting looking at how my upbringing was instrumental in driving my work addicted behavior. Growing up I received almost no attention unless I was criticized for not doing some kind of chore or received praise for good grades at school and helping around the house. Other than that I felt invisible. The message received without it ever being actual spoken? "You are only worthwhile when you are producing or performing." I really thought I had totally forgiven my parents for their inability to parent me in a healthy manner – but my "internal parent" the "old tapes" in my head, had stepped in and had taken over, continuously playing these messages over and over. I realized I had to change my "internal parent" from a critical one to a loving one. With a lot of honesty, prayer, meditation, walking through fears and relying on God, it started to happen. THAT was a milestone in my recovery! I began changing the way I talked to myself and became more loving and patient. I made amends to myself in step 9 and continually make living amends to myself with improved self care. Understanding the adrenaline factor was incredibly revealing and helped me immensely. I worked through the steps and used top and bottom lines as well, great tools for an activity like work that you cannot be totally abstinent from! Being able to finally talk with other work addicts that understand, do 12 step work by sponsoring others and service work have all helped my spiritual program grow stronger. And I have finally found the commitment needed for a successful mediation program and daily written inventory and daily reflection reading. By working the steps and using the W.A. tools the ultimate change came that brought more lasting results. My core beliefs were changing. Who I was as a person had NOTHING to do with what I "produced" and how I "performed". I was a great person for who I was and didn't need the constant approval from others for my accomplishments and validation.

Today, over three years after coming to Workaholics Anonymous, I am continuing to grow the same business and have had great success. Instead of looking at running my own company as food for my work addiction, I choose to see that operating my business gave me opportunities for my spiritual growth. My company has grown each year and I have a staff of ten I am able to assign duties to so I can walk away or take a trip. I have made great progress on learning to assign priorities, learning to delegate and I have much less a "sense of urgency to respond immediately to clients. Everything on the list does not have to be completed all at once AND my customers can and will wait because I am not a robot. I have much healthier boundaries about what tasks I commit to do and don't let anyone manipulate me into taking on something I am not ready for. And I am still able to provide excellent customer service without imprisoning myself by my inbox. It is so wonderful to work through my day just moving to the next item on the list without feeling "hyped up" and frantic. At first it felt really weird, like I was moving in slow motion or I was some sort of slacker and then I smiled and realized, no this is how normal people work. Don't get me wrong, it is not perfect all the time. Sometime I have to "dip" into my bottom lines because a big project

(continued on page 4)

(continued from page 3)

deadline REALLY requires it and it throws me off my healthy balance. I recently started a new business and for about 6 weeks I struggled with good balance with the extra work load, but I regained my healthy balance with the help of the program: an honest inventory, prayer, meditation and readjusting priorities.

The beautiful thing is that I know how to get back on track! I know even if I adrenalize for an hour or two, I can take a break, walk away, prayer, meditate, go take a walk, exercise, whatever I need. If I have a tough day driving myself to much, I will evaluate the day and the next day will be a marked improvement. The work addict behavior still peaks in from time to time but it is much more manageable and I don't let it hold on very long. I really think it is because I truly like and love myself today and I know I deserve better treatment. I truly believe that changing my core beliefs is the only way for me to obtain a more sustainable and fulfilling life in recovery. Thank you Workaholics Anonymous!

- from Michele S.



### **I'm just sitting here thinking.....**

I am sitting here vacillating between being depressed and having a panic attack. I've been on vacation all week, visiting my mom out of state, and did not work AT ALL during that whole time (yeah, me!).

Now, however, I'm just sitting here thinking about the massive pile of work that will be waiting for me when I get back, and the inevitable call-down to the boss's office first thing in the AM. (She does this ALL the time--and I hate it. It's a combination bitch session/gossip session/meeting.)

I LOVED my time off. I couldn't help but think about my old job when I was home, thought about the lovely 40 hour work weeks and no worries when I was home, I was able to do other things. I know some of it is ME, but some of it is the job that I have now, and the boss.

My long drive home yesterday (with no book on tape, yet!) forced me to really think about my job and my life and all that stuff. My career is completely stalled - my boss won't let me do things that will let me grow, and that will keep me interested. I volunteer for projects and focus groups, but they all turn out to be "bridges to nowhere" that after we make our recommendations, nothing gets implemented.

I can't seem to find another job with another company that will let me move up. I may have an opportunity for a job that's actually a step down (for more money!) and I think I'll take it if it's offered. If I can't move up, I'll take more money to move down, and not have the headaches and have to put in all the extra time.

I think.

I wish we had a WA meeting in my city. I'm thinking about posting something on Meetup to see if anyone else is interested. But this is such a "go, go, go" city, I think the fact there is no WA meeting here says something, you know?

My life is just so out of balance. It felt in balance when I was on vacation.

-from a member of our fellowship



## Program Kids

This is a story of how the 12 steps can have positive impact on children. I have been in W.A. for over 3 year and my husband and I met in another 12 step program over 22 years ago. We have always been committed to our spiritual program individually and together as a couple and have really “grown up” together. Because of the incredible tools the 12 steps offer to achieve both emotional healing and spiritual growth, we have both grown in our confidence, communication and enjoy a healthy emotional intimacy with each other and our children.

Both of my children were born into a 12 Step Program Family and know no other way of living. Over the years they have been to many meetings and family event functions. They have grown up with the main spiritual messages and lifestyle the program and fellowship offers.

When they were in grammar school they started to have some sibling rivalry issues. So in an attempt to regain the harmony in our house, we decided to try having them do some step work. They were 6 and 8 years old. I sat with each of them separately and walked them through steps 1,2 and 3. I helped them write a 4<sup>th</sup> step and in step 5 we talked about the fears and resentments they had around their relationship with each other. They prayed for willingness in step 6 and for the 7<sup>th</sup> step they wrote out a list of character defects and prayed about them. A couple of weeks later they wrote an 8<sup>th</sup> step list (it was pretty short) and they made amends to each other in step 9. I showed them how to continue to work 10,11 and 12. It was the solution! They started to get along MUCH better and regained their closeness and once again harmony returned to our loving home. The next year we did it again and saw great results once more.

We never forced them to work the steps. When I asked if they wanted to do it again several years later they were not interested. I told them if they ever wanted help with it in the future to just let me know. When my daughter was 15 yrs old she was complaining about some kids she was really upset with and some fears she had in relation to school. We talked about it and I suggested a 4<sup>th</sup> and 5<sup>th</sup> step and she said, “It is just not my way Mommy”. I smiled and said, “no problem honey, you have do what is comfortable for you. You know if works if you want to do it.” She ended up working through her issues her own way and on her own. But I knew the seed had already been planted.

We taught our children to live by the program principles wherever they were. Whenever they had resentments about other kids behavior I would encourage them to think about what would motivate that child to act that way and try to understand the behavior so they could let go of the resentment and not internalize the behavior. We also taught them how to stand up for themselves when anyone, children or adults showed them disrespect. But they had to express themselves in a respectful and mature manner. We told them if they were childish or disrespectful we couldn't back them up. BUT if they did it the right way – we would ALWAYS support them. There were numerous times for each of them in junior high and high school, when they expressed their opinion to a teacher and were treated disrespectfully in front of the class. They went to the office and told the Principal and each time the Principal sided with them against the teacher. This made them feel empowered.

About two months ago I had the most incredible conversation with my 20 year old son. He told me about changes that were taking place within him. He was becoming more confident, calmer and a feeling of just being in the “now” a lot more. He said whenever he to got little stressed out about something he reminded himself that is was just “a wave” and it would pass through and the near future he would be riding one of those “waves” and feeling better. Sound familiar? “This to shall pass”.

The 12 Steps are a very simple program that even young children in grammar school can understand. My children are now young adults; 18 and 20 yrs old. Because of what we have taught them and the example they have seen, they have grown up to be independent, self confident, emotionally healthy people that are not fearful about life. What better gift can you give your children? Sure they have some insecurities about things sometimes, but they don't let fears paralyze them. They talk about their troubles and then walk through their fears to move towards their goals and dreams. They know how to express themselves in a healthy way and really like and love themselves so  
(continued on page 6)

(continued from page 5)

they have a warm positive energy and are not afraid to meet people in any social situation. They are light years ahead of my husband and I at their age. I didn't get these gifts until I was in my mid thirties after a lot of mistakes and hard work! I am so grateful that I use the 12 steps as tools for growth in my life and shared them with my children. They have a strong foundation preparing them for a promising future.



### **From a newcomer**

I came into WA several months ago, but I immerse myself in step 1 with the writing of my story of powerlessness. When I started going to meetings it helped me understand a lot of the health problems I'd been having: adrenal fatigue, candida, suppressed immune system. All that work, stress, adrenalizing, drinking, smoking, eating carbs and drinking vats of coffee to keep my energy going...had totaled me. I started going to WA meetings, identifying like crazy. I felt home just like I felt home in AA meetings. I raced through the recovery book...yeah yeah yeah...I got 3 years of AA recovery under my belt...I got it, I got it...done. In the corner the monster appears to be shrinking. It's about 3% smaller with a couple fangs missing but still utterly delighted with my high-performance approach to WA and feeling unthreatened, filing his claws. He chuckles to himself seeing me racing through the WA recovery book like I'm studying for an exam or like I'm going to present it to a boardroom tomorrow. Coming into WA, I came to recognize the chronic stress I had been under for decades and was still under at times. I thought I had relaxed and eliminated stress from my life! The monster just giggled and burped. No, I am a burned out workaholic/work avoidant. I'm an under-earner. I jokingly call myself semi-retired. Two months ago I was still trading some of the corporate stock I got for quick cash here and there. I sell stuff on Ebay. I never promote my freelance business. Most people, even recruiters, who knew me in the industry don't even know I'm a freelancer. I have no business card, website, no emails to prospective employers. I turn down jobs that sound like I can't control the hours, place, partners, conditions etc. I've been existing this way for six years and I am almost 50. I thought I had it all figured out. Apparently not. Because when I do get a gig, the monster holds me hostage so that I binge on work, panicking and losing sleep, and instantly sacrifice everything that matters to me--healthy relationships, 12-step meetings, therapy, exercise and meditation. And I'm not very nice to the people I love in my frantic desperation to please and excell.

I'm still at Step 1 but with awareness, listening to others progress and observing my behaviors, miracles have already occurred. I am no longer afraid to work. I am no longer avoiding it. I make calls. I take breaks. I give myself a break. And I like that with some recovery, therapy and my meditation practice, I have gotten the courage to let my folks in on my progress not perfection. Tell them of my struggles...and my longings. Of what's in my heart. And I think they like it too. I also let them know that I love them whether they are staying busy or not. But I thought I knew what to do with myself, so I drank to have fun and I drank to come down from all the pressure and adrenalin. Now I don't drink and overwork less and I under-work less. I see the monster is only as powerful as my self-will, my self-absorbed fears, my grasping, my resentment and my denial. This core addiction of mine is a fanged monster licking its chops, confident that it's in control of my every thought, move and feeling. It got me thru school. It took me far away from my family at a young age. It cradled me through cervical cancer, multiple surgeries and eventually a hysterectomy in my early 30's. It whispered sweet nothings when I left anyone I ever liked or loved behind in a cloud of dust and smoke with nary a look back, including my own husband before separating after only I used to work insane hours and then when I was off, I would need to come down from the anxiety but I couldn't for 5 years. It juggled for me to take my mind off the two precancerous growths removed from my breast. My monster has incredible power over me, though with this program, its grip is loosening.

(continued on page 7)

(continued from page 6)

I know from another program that accepting powerlessness is the 1st antidote and I can use it to get better, even if I don't feel like it right now. I remind myself that nearly three years ago, I never thought I would be able to give up alcohol. The steps got me through it and the steps can rescue me now. The ironic thing is that six years ago, I quit my high-pressure, successful career to go freelance, so I could relax, take time off and work on my faltering and failed relationships. So when last year my doctor diagnosed my adrenal failure...asked me if I had undergone traumatic stress, I said no. I don't have any more stress. I barely work now--just enough to pay my bills. I had been making upwards of \$300k a year for a long time. Working day and night and weekends, I called Sunday hump day. Now I was making, as one of my friend's had unwittingly categorized it: an Appleby Manager's salary. Ouch. I didn't care. I had downsized my life from two homes, two luxury cars and a lot of other goodies to stop working so much. I had 140,000 frequent flier miles in just 2 years of business trips and now that I'm scraping by, I am using them. For fun.

- from a member of our fellowship



**Re: Tradition 8**

On the surface this topic seems to refer to the structure of the WA organization and doesn't seem to address personal issues. However, it does in fact relate directly to me and my situation.

I had been practicing abstinence in the WA program for 3 years--right up to around February when I succumbed to pressure at work and slipped back. But, even before, this abstinence had only been in not working more than 45-50 hours a week. I was not abstinent in activity, anxiety or worry. I was in fact, consumed by working and hating it at the same time. I was driving with my one foot flat on the accelerator and the other flat on the brake. I started working more because I was desperate to save my job...my way.

A friend suggested I seek professional counseling...she'd been in my shoes 2 years earlier (lagging, under pressure from the bosses, etc) and was helped by psychological and psychiatric counseling. As usual I felt I HAD to figure it out myself (a friend says: "figuring it out is NOT a 12 step slogan"). But the principle of abstinence also suggests seeking support through a sponsor or someone else.

Then re-reading for the umpteenth time the piece about work aversion I was reminded that it too recommends seeking professional help if necessary "to help us face the new emotional and physical workload involved in spiritual abuse and rigid perfectionism...". So I called my company's assistance program early in May was assigned a therapist who suggested a psychiatrist. I am now, as of 2-1/2 weeks ago, on a 3 to 6 month medical leave from my job with the probability of a not so warm welcome when I return. It was a risk my HP guided me to. To remain stuck would eventually have killed me. I'm using this time to rest, to recover and learn about what I've been hiding from myself most of my life.

- from Ruth W.



**From the WA meeting in Portugal**

Dear friends,

We did rush to bring all the pieces together in order to be able to take advantage of the gathering of several health professionals dealing with addiction issues. Unfortunately it was not possible for us either to be there or to give these people the written material! Our aim was that the written material be included in the attendees' Congress folder but that was not allowed. We were disappointed! The site is online and this is a good thing. We still need to work on the search words in order to make it respond to several searches related to work addiction. The written

(continued on page 8)

(continued from page 7)

material is being given by the members to their doctors and we gave it also to the priest of the local where we meet. We have a plan to make a public information in the beginning of 2011 in a important official addiction treatment center in Lisbon. Now that we have the material, we can move on and not sit in despair because of the disappointment. We did a special meeting for celebration of our 1st anniversary. We saw all the translated material and the site. We talked about the meaning of TCA in our lives and the importance of the meetings. It was also the occasion to talk about WAWSO and all the help that we have been receiving. We talked also about the process of the translation, the copyrights and the need for quality of all printed material.

Members were asked to write a couple of lines stating what TCA is doing to them in order to make a group share to send to the Newsletter. We want to thank you all for the precious help that we are receiving.

Sending you warm greetings,

TCA Portugal  
Fatima



**Long before I knew of WA**, something happened to give me a preliminary understanding of the Serenity Prayer. My wife of 42 years was diagnosed with an incurable cancer. After an investigative surgery, we were referred to an oncologist. At our very first conference with him, we had to wait 2-1/2 hours before he saw us. I was not used to waiting for anything! If a long wait was involved, I would usually rather go without. As the time wore on, I was getting more and more frustrated and angry. Suddenly, I began to see the situation in another way. I realized that my purpose in life at that moment was to support my wife, not to be an additional burden for her. Being able to look at this squarely, I was able to shed my ego and self-centeredness to see what was actually at stake. I took a deep breath and reached a state of alert serenity that I had never experienced before. Later, when I encountered WA, I realized that this new way of being was an answer to a prayer I had never conceived of, and that it made the First Step of Twelve familiar when I got there.

- from a member of our fellowship



### My 4<sup>th</sup> year

I just celebrated my 4th year in WA (yay!) and have worked as good a program as I could at any given moment throughout that time. I'm now in a huge restful and scary transition state. I am on a medical leave from my job and am accepting my withdrawal symptoms as well I can. I'm also birthing an understanding about what I want in my life and who I am and want to become. I am coming to accept my physical limitations as well as my abilities and passion to help people with my work.

On the spiritual side, which is most of it now for me....the doctor's are handling the physical stuff..I am praying, meditating, exercising as I can, beginning in a meditation group, gardening for myself and occasionally in service at a spiritual center, I'm having fun, and napping and being gentle with me. I'm reading, attending meetings and asking for help. I'm writing, writing, writing and decompressing for the first time in my life.

(continued on page 9)

(continued from page 8)

On the practical side...I know that in anywhere from a month to 4 months I'll have be "fully self supporting, declining outside contributions". Achieving the balance between recovery and actually living in the now in a workplace- it's a very scary thing for me...and not one I actually have to deal with at this moment. I'm leaving it up to my higher power. But, I've been led to some short on-line classes. Learning about new trends in my industry because they are interesting to me and letting higher power guide me. One of the areas that's come up for me is taking classes in work flow management and organization; as well as some practical computer skill classes. My basic work disease has seen me through several careers but, I've also identified in my current position, I never actually worked in an office before I got "The Job I Was Born To Do" (LOL). I am very good at what I do, I enjoyed it up till I nearly killed myself doing it. And, in true workaholic fashion tried to train myself in all the practical areas I was deficient in. Some of it helped but I was never willing to stop the actual work long enough to learn how to do it better.

- from Ruth W.



### **Why is outreach important?**

First, there is our preamble, which reads: "... our primary purpose is to stop working compulsively and to carry the message to workaholics who still suffer." Then, there is Step 12 which says that having had a spiritual awakening, we try to carry this message to workaholics. Service is the heart of 12 Step recovery. Bill discovered this in his very early days in inventing AA and the same holds true for me. If recovery is only for me, I am still limited by egocentric thinking. My recovery is held back by relating everything to my own experience. A special example of getting out of this limitation is sponsorship which can be considered the ultimate of outreach.

But, outreach is also close to my heart because finding WA has helped me, in the past seven years, to make more valuable improvements to my life than the previous thirty. I had never heard of WA and no one I knew had either. It is an unfortunate fact that WA seems to have been a closely held secret. Let's not keep it a secret any longer. Letting people know who we are and what we stand for is not promotion. If we get our message out, attraction can happen.

- from a member of the fellowship



### **I like potato pancakes:**

A person went to see a psychiatrist, who after a while, says:

Psych: "Well, what is your problem?"

Person: "I like potato pancakes, "

Psych: "You know, so do I".

Person: "But I **really** like potato pancakes!"

Psych: " I really like them, too."

Person: "**But I REALLY** like potato pancakes!"

Psych: "Me, too."

Person: "**But I have trunks and trunks full of them!**"

**(avoid substituting work for potato pancakes.)**

**A Zen jokewriter calls the editor of the WA newsletter**

Editor: “Hello what can I do for you?”

Jokewriter: “ I hear you need some workaholic jokes.”

Editor: “We do need them. Do you have any?”

Jokewriter: “Well, I wrote this one.”



**An airplane comes down in the African savannah.** It isn't too badly damaged, but it can't take off. Soon, the survivors start to run out of food. The only **workaholic** on board says he will try to get some game. He sharpens a stick, sets off and disappears in the distance. Soon they see him running back toward the plane with a lion chasing him. As he gets near, he shouts: “Open the door, open the door!” They open the door and just as the workaholic gets close, he dives under the plane. The lion jumps into the plane. From beneath the plane, the workaholic shouts: “You guys clean that one and I'll go get another.”

**[Come on workaholics, I'm sure some of you can do better than this, please! – the editor]**



**Thank you, members of our fellowship, for your lively contributions to this issue! WSR's, please bring this to your meeting and urge members to tell us about their struggles, successes and reflections.**

Living in Balance invites WA members to share your experience, strength and hope, as well as JOKES with the WA fellowship around the world. Each of us has something to share that can help another workaholic to abstain from compulsive working one more day. Please send your submittals by email to: [newsletter@workaholics-anonymous.org](mailto:newsletter@workaholics-anonymous.org). Include your contact information and let us know if you would like your first name and initial included as author. Your contribution will make this newsletter more alive and improve your recovery by helping others. Please submit your materials before March 20<sup>th</sup>, 2011.

*Note that materials submitted are assumed to be intended for publication, are subject to editing and become the property of WAWSO, which may publish them in any format in any Workaholics Anonymous literature.*



**Workaholics Anonymous World Service Organization**  
**PO Box 289, Menlo Park, California 94026,**  
**Telephone: 510-273-9253 Website: workaholics-anonymous.org**