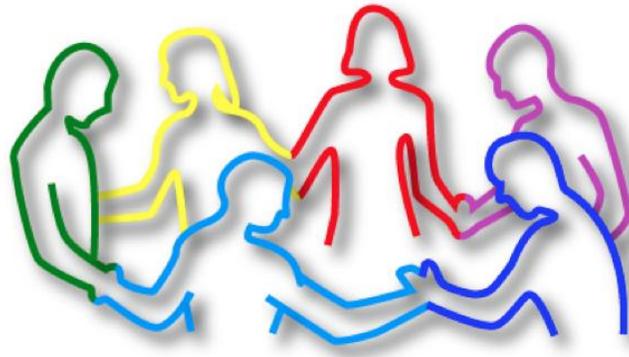


STORYLINE

From Workaholics Anonymous DECEMBER JANUARY FEBRUARY 2014-2015



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

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QUESTION: LIVING NEW HABITS

*What new habits am I living by that make room for the presence of my Higher Power?
(Book of Discovery: B9)*

I think God hates complacency! I'm saying that because I believe that complacency is one of the reasons I need WA. I have been better than I am now in terms of balance and serenity. I also think I took the level of recovery I had achieved in another program for granted. I was getting away with pushing my limits more and more, and still seemingly holding onto that precious little nugget of peace I had had inside myself for quite a while, even in difficult circumstances.

At some stage, a couple of years ago, God got out His heavy boots and decided to apply them to a certain part of my anatomy. Running, running, running around town one day, overloaded and wearing high heels, I slipped and fell down some stairs in a supermarket. I fell flat on my face by the fruit and vegetable counter, so hard I left a perfect kiss-mark from my lipstick on the floor. I was very lucky not to need hospitalization and surgery. For a while after that, I tried to slow down, and learn the lessons, not to mention start wearing more sensible footwear.

I began to share that I felt I was overdoing. I managed to slow down a bit for a while, only to forget my resolution and pick up speed again. I had another fall off a chair at home that almost broke my nose. Again I took stock of what I was doing to myself and made more resolutions. Since then I have not had any falls, although I very often drop things, break things, or bump into things when my Higher Power is having trouble getting my attention and I am back in busy, busy, busy mode. So, one of the habits I am trying to regain, is listening to my body cues that say 'enough is enough' long before my will is ready to give up endlessly doing. If I hurt either myself or any objects in my immediate environment, I know I am in the danger area. Lately listening to spiritual music--chants mostly--is helping to slow me down.

Before I started seriously overloading myself and my life I had had a good daily spiritual practice. It began just after I woke with readings from daily readers and other recovery and spiritually-oriented literature: combined with prayer, meditation and visualization. I used to spend quite a lot of time on this and it would really set me up for the day. Then, I began to do more and more each day without letting go of anything I had already been doing, and my spiritual practice shrank. At first I did not notice the difference. I began to walk and do the spiritual practice or swim and do the spiritual practice, and I did not realize until I got into WA that I had a big problem with multitasking, even multi-tasking my Higher Power! So I am slowly trying to prioritize my original practice and I am already feeling the benefit.

I am sharing more about what is going on with me, including a lot of the detail, which I used to think other people didn't need or want to hear. Consequently, I'm beginning to believe that old expression about the devil being in the details, and if I don't expose the demon that drives me, how am I going to exorcise it?

I have also been reaching out to other people in the program as two or more heads are so much better--and less dangerous-- than one. I have been resisting my husband's attempts to make me chase more paid work at this stage because I know that slowing down is more important, even if it means less income.

I consciously look for the little everyday miracles and generally truly believe they have happened and will continue to happen. For example, I came to WA having gone to the website to find out more about my husband and his overworking. There, to my horror, I found my own need for the program. More recently, I spent time in and by the sea, enjoying the beauty of nature which surrounds me.

I also practice gratitude daily. It says somewhere in the recovery literature that if there was only one prayer, "Thank you" would be enough. I try to express gratitude to God every day for all that I have and all the help I receive. I also try to explicitly thank the important people in my life. Even on bad days, I manage at least some of this practice.

I am convinced that the more of this work I do, the better and more serene I feel. Thank you all for being there, and for letting me share ...

-Love in Fellowship, Jane

QUOTE: Life is what happens when we are planning something else.

-John Lennon

SHARE: MY MAIN COMPULSION

I stay home. I am not in an office. I don't have a boss. And I don't get a salary. Whenever I start an activity it quickly becomes an obsession and as a workaholic I want to do everything perfectly. I end up spoiling everything I start with my 'it has to be perfect' attitude.

Because these things didn't happen often, I said to myself that I might not be a workaholic after all, and I neglected the program for a while. However, I noticed the feelings of unworthiness that trigger most of my 'have to do something right away' states. I also realized while journaling that I have all the characteristic of a workaholic, but I couldn't seem to find my main compulsion. It's not like an alcoholic who says, "Today I relapsed when I had a drink" or a workaholic who says, "Today I relapsed when I overscheduled my activities." I was unable to say what relapse meant. I couldn't identify which behavior I should be aware of.

And then it just hit me. The biggest obsession of my life is to be a perfect mother. There it is: my main compulsion.

I am always worried about my children's feelings. I get deeply hurt if they accuse or reproach me. I feel I give everything to them: all my life, all my time, all my energy. I've been taking parenting seminars and reading every book I could find in order to be the perfect parent. I get obsessed with fulfilling their emotional needs no matter the cost for me. If I can't stop their arguments, I feel I have failed. If I get angry and scream, I feel I have failed. If they want something and I can't give it to them, I feel I have failed. One of the reasons I'm now pregnant with my fourth child is that I don't ever want my children to feel lonely.

I decided early on to have a big family but I didn't really take time to think what this implies. I just assumed I would be able to manage. I'm not sure if my decision was sane, but for now, I cannot see myself doing anything other than having more kids. I cannot go back to work, as this would be too stressful. Yet neither can I stay home without doing anything? As soon as my most recent child starts to walk I start obsessing about getting pregnant with another baby. The feeling of being useless when I am 'not doing anything' is understandable for me. If I'm not pregnant or busy with a newborn, I feel like I am nothing. For me, accomplishment is the only way to feel worthy: which I still don't most of the time, but at least I don't feel 'totally unworthy' when pregnant and raising my children.

I recently caught myself asking, "after this baby, should I have another?" I'm afraid there is nothing else I could imagine doing with my life, and I cannot say "no." I have to be doing something. I have to keep myself busy. There have been many wonderful joyful moments as a mother but I also realize I seldom recognize the difference between my children's needs and my own. I recognize that I need to learn to do that, and find a balance between the two. I sacrifice myself too often, putting them first even when I am exhausted. I put them first even when I need to take care of myself and they could wait a few moments. Sometimes I don't draw boundaries, even when they need them.

In my family of origin I was told that my parents were sacrificing a lot for me. I was told I should be grateful that that they were working like crazy to support me (which was the main excuse for my parents' workaholic behavior). They said, "We are working for you." Of course I would have been happier to spend more time with them and have less money. (We were always poor anyway, even with all their working.)

I was much more bothered by their controlling attitude and their lack of confidence in me than by the fact that I never got money from them. When I needed something I would have to tell them it was something useful so they would buy it for me. They never trusted me with money. I guess they managed to convince me they were working hard because they were good parents. I was unhappy that my parents never had hobbies or friends and thinking it was because of me made me feel really guilty. I thought I was the cause of their sickness. I thought I was a bad child.

I promised myself to do the opposite for my children. I decided I would not work, but stay home and be available. I would try to please them in every way, I would be a great parent. I would do parenting training and I would be the parent I never had. It became a compulsion and I have sacrificed myself for my kids. I would never tell them that but I can see that my motives were unbalanced. I was trying to run from the suffering of my childhood, not understanding or accepting the limitations of my parents or myself.

I guess I am not ready to fully face that suffering, even now. But I do know that compulsive mothering is not the answer either. Moving forward I will be more aware of my own needs and try to find a balance between my mothering and other aspects of my life such as partnership, friendships, activities, fun, and rest. I will ask for help from my HP and regularly attend WA groups. Thank you for listening.

-from Ilona

SHARING: AN AWAKENING

I have four children. When they were very young I worked 60-80 hours per week, including nights, weekends, and holidays (like my own workaholic mother had done). When my first child was born I couldn't believe the attachment I felt. There was so much love just being a mom, and wanting to be there for every little need and whim of this child. Unfortunately, I felt like I hardly saw them.

Years later I fell into a deep depression because I'd never had the strength to leave my job and stay at home with my children. I felt cheated that I'd missed so much of their lives. I felt guilty that I did not give them what I wanted to give them—more of me. I felt grief that so much time had passed and there was nothing I could do about it.

Then I woke up. I realized my children are still here. I am still alive. Yes, they might be teenagers and they might not have the same needs as when they were little, but I CAN pick the ball up now. I spent a year learning about self-care, taking care of myself and going through the twelve steps with a sponsor. I am stronger now. I am calmer. I am more available to give of myself to them.

I had to start learning what my gifts were before I realized that this is what I can do! I am starting to see that my "job" with my children isn't what I thought it was. My job may be to pass along my gifts to them. I do not want to outshine them, but I do want to guide them. They have gifts as well, some of which they have inherited from me. They also need to learn about their gifts! (I suppose I was afraid to do this learning because in a way it is preparing for death: when we leave, our children carry on what we give them. This is what we do as parents.)

My children have a lot of anger. I know this and understand why. I also understand on a very deep level that it's not my job to fix their emotions or change how they feel. I spent 20 years trying to protect them from a manipulative, abusive father. I see my job as being a role model for them, taking care of my own emotions and my reactions to them. If I lose my temper I accept I am human, that this will happen, and I apologize. I also trouble-shoot what caused it and I move on. If they fight or lose their temper, I know they are releasing the stored anger from the years of neglect. (I wasn't really there emotionally so I never could have taken care of them the way I imagined I wanted to.) I no longer let them treat me disrespectfully. I value myself today and am teaching them to value themselves and others.

I have come to this place over a very long time of recovery. I also have learned that big changes start with very small steps. I have learned to pick one thing and stick with it for a long period of time. Let it integrate. Then add something else. This approach echoes starting your child on food. The parent starts with one or two things and pays attention to how the child reacts. You can't change everything all at once, even though it feels like everything needs to be changed. If you need more time for you, lock yourself in the bathroom for 15 minutes twice a day. Your children may react, they may scream, but I did it anyway (sometimes with headphones). Taking care of myself as my first priority has allowed me to develop sanity and serenity. I have let my higher power help me. I have turned my whole life over to the best of my ability. I have been amazed.

I wish I could say my children and life were perfect. I can't-- not by standards of TV, media, and popular culture. There have been times when I have felt incredibly overwhelmed, depressed, and suicidal. Today I feel more secure, more safe in my own skin, and more trusting of myself as a mom. I am learning boundaries with my children and finally feel like I am present for them in a way that I was never capable prior.

-God Bless, DB

QUESTION: HIGHER POWER

Book of Discovery: How do I describe the experience of a Higher Power's presence in my life?

I believe I am very fortunate that I have "come to believe" (and I say it that way because it did not happen overnight) in the presence of a Higher Power, and have been enjoying the benefit of that belief for many years now. For me this presence shows itself in various subtle ways which can easily be missed or dismissed if I am too busy. And that is one of the main reasons why I am here: I have seen that the faster I run, and the more I do, the less I am able to make that precious connection. I can see that God likes a slow-coach, and I am often afraid (for historical reasons) that being a slow-coach means I am lazy, unworthy and unacceptable.

I call my HP God most of the time because I am now OK with that word and it has the right association in my mind to represent an entity greater than I. He, she, or it often speaks to me in images, mainly of people. What very often happens is that I get a strong visual image of someone in my life. Quite often this is followed by an impulse: to call that person, or send a prayer in their direction.

When I was doing Steps 8 and 9 in another program it would happen sometimes that I would suddenly see someone in the street whom I hadn't met for years and maybe owed some kind of amends to, and so have a God-given chance to do what was necessary. I always pray for people with whom I have (or have had) a difficulty and, if I continue to do this long enough, I find that, almost like magic, a reconciliation or a chance to talk things through in a satisfying way occurs.

One of the most spectacular occasions of this nature was with my ex-husband, who still lives in the same town, but with whom I'd had no contact for quite a long time because I felt I couldn't trust him. I had continued to include him in my prayers, though, and one day we just bumped into each other, greeted each other like old friends and made an appointment to meet up for a chat. I had been carefully nurturing my amends "speech" for ages just in case I got the opportunity, and had no expectation that it would be well-received. Imagine my astonishment when, before I could get my amends anywhere near my mouth, he made amends to me!

Another way I notice the presence of God is when I make a decision to do something that is spiritually right. One recent and dramatic example was on my last trip to the UK to see my father. Before I got into recovery he was the one person I really truly felt I loathed and I could not even think of him without disgust and contempt. At the time, I had no contact with him and yet he was still there in my head, an incredibly uncomfortable presence. Once I began to work on myself and to consider what living a life according to spiritual principles might be, I decided it was wrong for me to hate or resent any person on the planet and I slowly set in motion a long, long process of reconciliation with my father, which began in the summer of 2000. Slowly our relationship improved, first through writing at infrequent intervals and, some years later, via the telephone. Finally in 2010 I was ready to see him in person. What a delightful surprise it was not to feel any of the old negativity when we met, even though he has never done any work on himself and continues to be a very difficult man. This year, now that he is beginning to slip into senility and his memory is failing, I felt a strong impulse just as we were saying goodbye

to tell him I loved him. Tears came to his eyes (and mine) and he hugged me very, very tightly and said he loved me too. I would not have believed I would ever say such a thing to him. It is one of my recovery 'miracles'.

In other situations where I do something that is spiritually right I get a sudden burst of energy, or a "coming home" feeling which tells me it was indeed right. This feeling usually persists, often with a feeling of great joy, throughout the day.

Another thing that seems to me an aspect of the evidence of Higher Power is in coincidences. A friend I recently reconciled with mentioned a book she was reading. It didn't mean anything to me at first but later on when I was looking for something else on my bookshelves I found I had it. I had bought and read it in 1997 (I'd underlined and noted certain passages), and forgotten about it. I obviously wasn't ready for it at the time otherwise I would have remembered what it said. This time it turned out to be just the book I needed to read and it also fits very well with the work we are doing here in WA. I can't tell you how often this kind of thing happens.

At other times I lose things that I need or want and ask for guidance in finding them. Many, many times I have been guided to those things, if not immediately, then whenever I have really trusted and let go. I once left a roll of film (you can tell this was some time ago) on a ferryboat. I had tidied out my handbag during the crossing and hadn't noticed it fall out. I only realized a week or so after I returned and felt very sad at the thought of having lost my photos. Normally I would have just carried on feeling sad but philosophical - my silly fault for overloading my handbag. (Is that a defect of character??!!) Anyway, this time, I had a strong impulse to go down to the port on the off chance it had been handed in. To my surprise, I found the same boat I had travelled on anchored near the entrance to the port. Unusually there were no chains to prevent anyone going on board. I did something out of character and just strolled on board, finding my way up to the passenger lounge where I saw a crew member cleaning up. I explained why I was there, and my mouth fell open when he told me that he had found a roll of film on the date I did the crossing, and had kept it behind the bar in case anyone came for it. Nowadays I don't so easily give up on things I might have dropped or lost.

Oh ... and as I live on an island I very often see dolphins when I am really trusting my life to God. You may think this is nuts, but it happens quite often to me (but not to other people who live here). And, anyway, I think of Step 3 as the "I know I'm nuts" Step!

-Love in the Fellowship, Jane

QUOTE: You might as well be yourself, as everyone else is already taken.

-Oscar Wilde

STORY: WORK ADDICTION RECOVERY AFFECTS EVERY AREA OF MY LIFE

My elders, having passed from this plane, started in their forties and fifties the slowly developing process of reflecting on what life was meaning. Likewise I, being a highly introvert-thinker, physical scientist, and workaholic, have been reflecting on life over a similar time span and have observed the following:

1. I came into this plane called earth with a unique set of talents, abilities, and personality as does each and every person.
2. The first thing I learned as an infant was how to use my talent, ability and personality to get attention for my needs. These were modified somewhat for coping with living as I went through development to adult, then as an adult until the demise of my body.
3. As a first-born child I was influenced by my parents' learnings and parenting skills; and what was happening in their lives in relationship to their families, those they interacted with, and their worldview which was shaped through their own development as well as having lived through World War I, a major depression, and the start of World War II.
4. As I grew my personality, talents, and abilities started to come forth which was often at odds with my parents' perception of who I am, thus leading to the development of coping skills that were necessary for survival in the situation.
5. As my life situations changed, these coping skills had to be modified and sometimes they stagnated into workaholism and frozen feelings lasting into the retirement years.
6. I realized that in this plane everything, whether in the physical make of the universe or in people's thought patterns, tends to be polarized, leading to constant conflicts among people.
7. My worldview of both the seen and unseen was initially shaped by my parents' religious system; however, being research oriented, I have come to see that system as manmade and no longer serving a purpose in my life.

From these observations I have developed a graphical representation of myself as well as other human beings (Figure 1). I see humans as having six fundamental aspects within these three interrelating faculties (talents, abilities, and personality). One could define more aspects; however I see them as subsets within these six. These aspects are: inner void, mental, spiritual, economic, social, and political. The simplest representation of the six aspects is as a spheroid (the inner void) in the center of the triangular pyramid inside a spheroid (mental aspect). Since there is no perfection in this world, the best representation of the aspects is irregular hexagonal points (religious, economic, social and political) representing the various facets occurring within each of these points, and interacting with the surface of the mental spheroid. Although a hexagonal is used here, it by no means indicates that there are only six facets to any one of the points. The interconnecting lines show influence and interaction between the aspects (i.e. all aspects have influence and are interrelated to all other aspects). The complete representation (Figure1) represents all that one is.

The meanings for the individual aspects in this expression are:

1. Inner Void, positioned within the triangular pyramid, is defined as the drive or sense for serenity and peace in one's life. It is what one often tries to fill by materialistic pursuits or power over others, usually unsatisfactorily, as one does not achieve the inner peace and serenity one needs for a fulfilled life. This is often thought of as the center for the spirit and its connection to whatever is outside. The polarity for this is accepting that there is a spirit inside, and the opposite that there is no spirit inside. My serenity and peace in all situations has greatly increased as I filled this void in oneness with the Spirit of the Universe. I now consider myself as an integral part of that Spirit.

2. Mental Aspect is the psychological, emotional, thought, and memory processes that one uses to relate in understanding and communicating ideas to others about one's observations and experiences of interactions within all six aspects.
3. Economic Aspect refers to the limited talents and abilities one is endowed with from birth to earn income for sustaining life (necessities of life, such as food, housing, medical, etc.) and for benefiting others (employment, charities, support of family and friends, etc.). Since no one has been endowed with universal capabilities to meet all one's needs without other people, it appears that everyone exists in a universe of limits and dependency on others who, like oneself, have also been endowed with selected mental and physical abilities for other specific tasks that benefit others. One only has to look at an infant or a serious illness to realize the need for others for aid in these times.
4. Social Aspect is the strengths and weaknesses in the interactions within one's inner group that consists of one's parents (who brought about one's existence), other members of family, close associates, friends, acquaintances and others that one comes in contact with to meet the needs to live effectively and wholesomely without controlling others to anyone's detriment. This group is constantly changing, as some move out into the Political Aspect and others move in from the Political Aspect. There is great variety in expression from those who need a great many people around them to those who are more satisfied with very few people in their lives, such as hermits.
5. Political Aspect is one's system of governance and a worldview concept that defines how one's group, the Social Aspect, interacts with others in the group as well as how the group interacts with other groups outside and beyond it (such as the region, country, and world at large).
6. Religious Aspect is one's approach to one's relationship with the unseen world and one's ethics of what one considers right and wrong in treatment of others and the physical universe. In particular, how does one view the unseen world: somewhere being in between a god(s) controlling, or there are no god(s). This worldview shapes how one operates in the other aspects, such as in communications and for giving service to others.

As we live our lives we are constantly being reshaped by how we view the world at any given moment of time. In my career life prior to WA my emphasis was on doing what I thought was beneficial for others according to my talents and interests. In that process I was reasonably content despite having physical issues from time-to-time. These did not have a physical basis but resulted from self-imposed stress because I was not living a balanced life (Figure 2). This was my situation during my career life and into my early retirement years.

For me workaholism grew from the Economic Aspect, thus the more pointed distortion in that domain. My view of my workaholism is also colored by other aspects such as my Religious Aspect. I grew up in a religious system that said we were flawed and needed a savior. I eventually discarded this system through my studies of the origins of religions with their dogmas and tenets. They did not meet my spiritual needs or fit my developing worldview. I no longer see myself as flawed or defective or needing to be perfect (whatever that is supposed to mean). I now see nothing as perfect but, rather, that everything has great variation between extremes. However the idea of being flawed permeates our western culture and everything that we do. The worst was one job in which we were told that what we did today had to be better tomorrow, i.e. today's performance was unacceptable tomorrow. This concept of being flawed may also permeate our twelve step work, as well, especially the fourth step. Since life continually changes, my needs have changed as I have aged. What served in the past does not serve me today because I am in a new situation requiring different tools for living my life.

An example of the changing needs in my life, in a career that catered to my introvert-thinker characteristic, the support I needed was met by the people with whom I interacted. These people are no longer in my life, as in retirement I have relocated to a new geographical area. I need a greater support

system of people in my life today, and I am developing my support system with my bridge and twelve-step recovering communities.

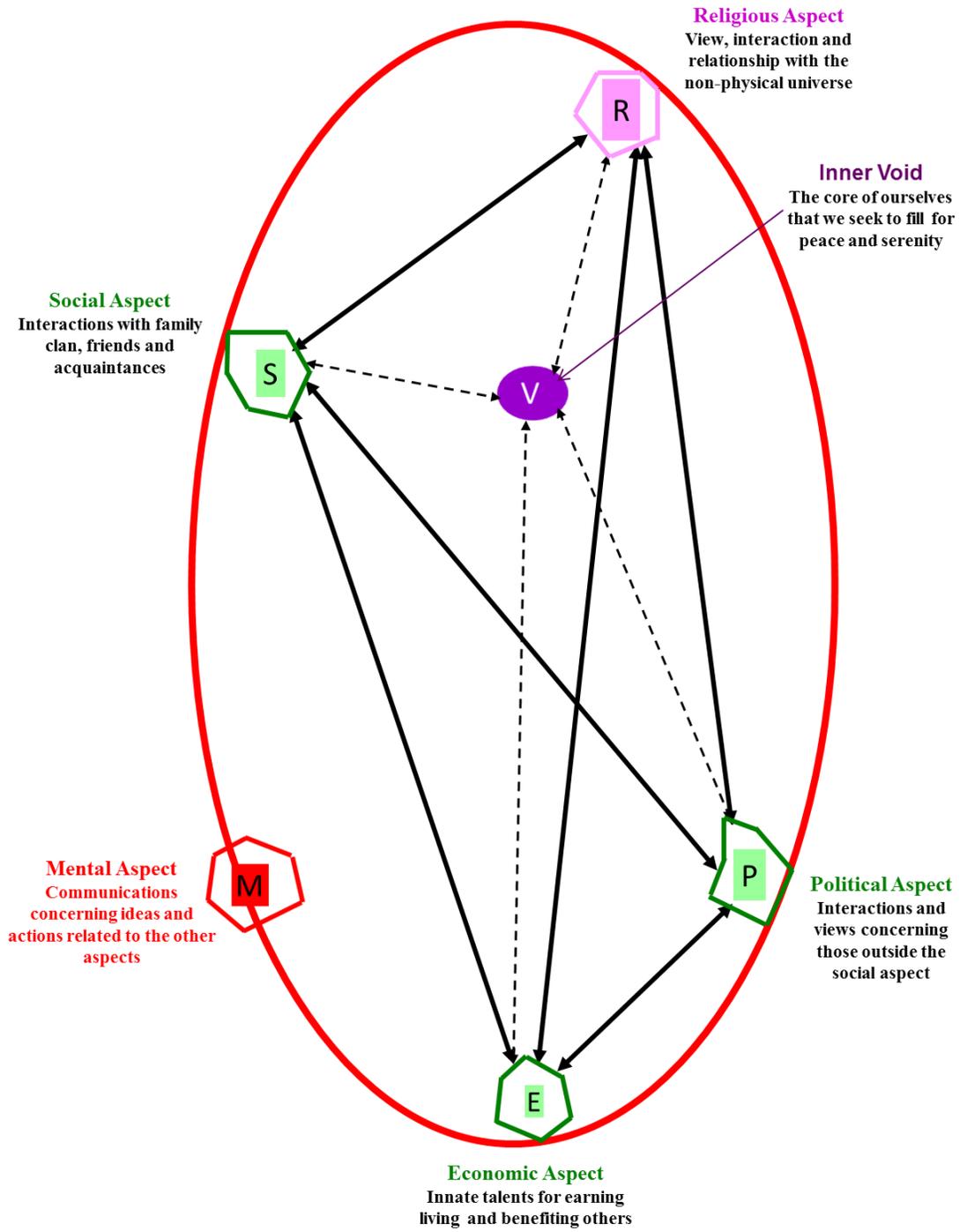


Figure 1. The Aspects of Man at One Time in Life

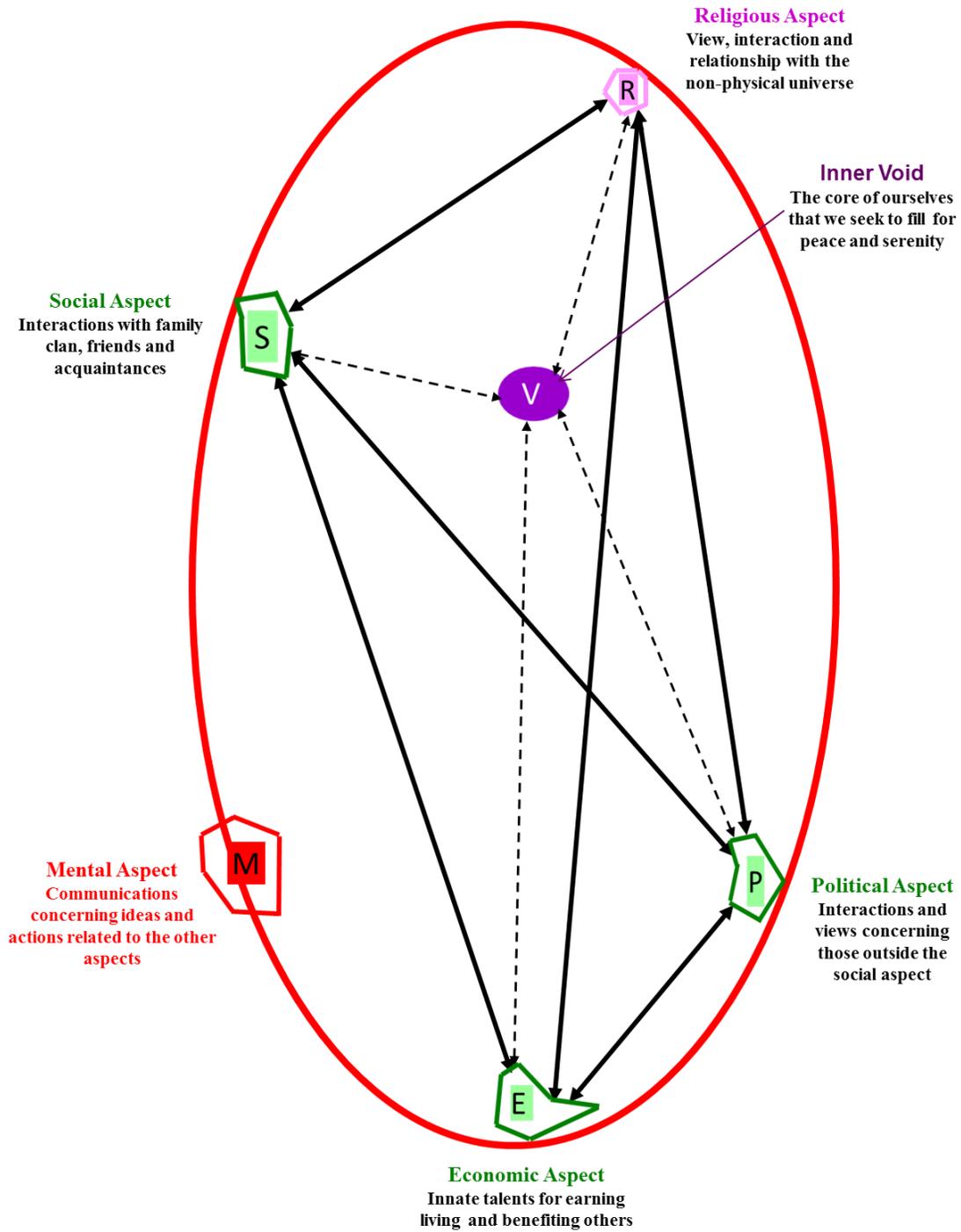


Figure 2. The Aspects of Man at Another Time in Life

--from Jerry

EDITOR'S COMMENTARY

Winter is here in the northern hemisphere ... so bundle up and stay warm. Perhaps you can read this issue in a comfy chair by a warm fire with a steaming cup of hot chocolate. In the southern hemisphere, you may want to pop an issue of STORYLINE in your beach bag. As a workaholic I tend to forget the many pleasures that are available if I merely pause and take a moment to visualize what might be possible and enjoyable. Please enjoy in this issue two discussions about being in contact with higher power, and also two shares about the importance of our own sobriety to ourselves and to our children. Please also note a comprehensive life story about work addiction and recovery.

Storyline is the quarterly newsletter of Workaholics Anonymous, published in order to share our experience, strength and hope with each other, and to announce information about our fellowship. Storyline is created by all of us. We welcome shares, stories, commentaries, quotes, and poems... anything we can reproduce. Please submit what you have and encourage others to do so as well. Send your contributions for future editions to: storyline@workaholics-anonymous.org, with STORYLINE in the subject line.

-Shelley, Chicago

CONTACT INFORMATION: EMAIL WAWSO

For any Program issue, concern, initiative, suggestion, etc.:

Bruce A. facilitator@workaholics-anonymous.org

Lia F. secretary@workaholics-anonymous.org

Drew D. treasurer@workaholics-anonymous.org

For general information: communications@workaholics-anonymous.org

For meeting and WSR assistance: Bob wrsupport@workaholics-anonymous.org

For WA Literature volunteers or corrections: Amber literature@workaholics-anonymous.org

For eNewsletter and Outreach: Michele outreach@workaholics-anonymous.org

For STORYLINE: Shelley storyline@workaholics-anonymous.org

For Meditation Book: MeditationBook@workaholics-anonymous.org

For literature ordering questions: Sandi fulfillment@workaholics-anonymous.org

For technology matters: Ken technology@workaholics-anonymous.org

General mailbox: wso@workaholics-anonymous.org

MEMBERS' REFERENCE LIST

STORYLINE collects and publishes references submitted by Members who have found messages of experience, strength and hope in the literature. Members of our Fellowship may offer suggestions of reading materials that have helped them in their recovery. These materials are **not** WA Conference approved and the authors, publishers, presenters, and distributors of these materials are **not** endorsed by WA. Individual members are invited to refer to these materials according to their personal and professional interests. As we often say, "Please take what you like, and leave the rest." A discussion will take place at the 2015 WA General Assembly about whether or not references in *STORYLINE* to non-Conference approved literature will be continued. Those unable to attend are invited to share their opinions by email to wso@workaholics-anonymous.org or by mail to P.O. Box 289, Menlo Park, California, 94026.

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Workaholics Anonymous Book of Discovery

Research Reference List

Andreassen, C.S., Griffiths, M.D., Hetland, J. & Pallesen, S. (2012). Development of a work addiction scale. *Scandinavian Journal of Psychology, 53*, 265-272.

Burke, Ronald J. *Research Companion to Working Time and Work Addiction.*

Flowers, C. & Robinson, B. (2002). A structural and discriminant analysis of the Work Addiction Risk Test. *Educational and Psychological Measurement 62*(3), 517-526.

Sussman, S., Lisha, N., & Griffiths, M. (2011, March). Prevalence of the addictions: A problem of the majority or the minority? *Evaluation & the Health Professions, 34*(1), 3-56. doi: 10.1777/0163278710380124

MEDIA SPOTLIGHT

Have you read about workaholism in the news? Send us articles and links that are of interest to you.

[The Annoying Phrase We All Need to Quit Saying](#)

By Caitlin Moscatello published in *The Conversation*, 1 December 2014

[UGA researcher examines workaholism](#)

By April Burkhart published in *On-Line Athens*, 29 November 2014

[The Two Signs you're a Workaholic](#)

By James Adonis published in *The Sydney Morning Herald*, 29 November 2014,

[4 Type of Workaholics: Which One Are You?](#)

By Ira Wolfe published on *Linked In*, 24 November 2014

[Workaholism bad for personal and professional life, UGA study finds](#)

Published in The Red & Black, 21 November 2014

[Why You Should Stop Bragging About Being A Workaholic](#)

By Lindsay LaVine, published by Fast Company, November 2014 (article undated)

[7 Ways To Cure Your Workaholism](#)

By Lolly Daskal, published in Huffington Post, 14 November 2014

[Why being a workaholic can ruin your career](#)

By Alyce Vayle published in StartupSmart, 10 November 2014

[Science Says You Shouldn't Answer Work Emails This Weekend](#)

By Sarah Jacoby blog entry for Refinery29, 7 November 2014

[Why Being A Workaholic Is Awful For You AND Everyone Around You](#)

By Harry Bradford published in Huffington Post, 7 November 2014

[Workaholism is Really Bad for you](#)

Published by The Science of Us, Yahoo Health, 5 November 2014

[Why Being A Workaholic Doesn't Actually Pay Off](#)

By Sarah Jacoby blog entry for Refinery29, 4 November 2014

[Workaholism Is Really Bad for You](#)

Workaholism Is Really Bad for You

By Jesse Singal published by New York Magazine, 3 November 2014

[Work addiction is a real thing—and it's not good for you](#)

By Joanna Rothkopf published by Salon, 3 November 2014

[Ten Signs You Could Be a Budding Workaholic](#)

Published by Business 2 Business Community, 3 November 2014

[6 Signs You're Working Too Much](#)

Published by USA News, 2 November 2014

[All work and no play: Study examines psychology of workaholism](#)

Published by ScienceBlog.com, 30 October 2014

[Work-life balance needed to avoid hazards of 'workaholism'](#)

Published by WWSB ABC 7,

3 October 2014

CALL FOR BOOK REVIEWS

Readers are invited to submit a review of any book of interest to our readers. The review might be about two paragraphs.

ANNOUNCEMENT AND INVITATION: NEW MEDITATION BOOK

The W.A.W.S.O. Literature Committee is creating a meditations book. We would like all the meditations to come from the fellowship, so . . . **We need your help!**

All members are welcome to write and submit meditations for publication. These can be submitted individually, or as a group. Consider having a writing play day for your home group. Not only would this activity provide opportunities for reflection and meditation, but it would also allow group members to make contributions to a book that will serve the needs of the whole fellowship.

A suggested meeting format for writing meditations is available at the WA website. For more details about submitting meditations, please visit: <http://www.workaholics-anonymous.org/page.php?page=bookofmeditations>

Also, a suggested meeting format for writing meditations is available at the WA website at: <http://www.workaholics-anonymous.org/pdf/MeetingTypes.pdf>

We look forward to receiving your meditations!!
Have fun with us!!

Your trusted servants,
W.A.W.S.O. Literature Committee

STORYLINE: OUR MISSION

- To produce a quarterly publication of news about WA in a way that serves as an example of balance between service and our program.
- To provide a space for people of the fellowship to share their experience, strength and hope with the broader membership.
- To provide real stories from real people to those in our fellowship who do not have access to a local meeting.
- To bridge the gap between the fellowship and the WA Board, and aid in replenishing the Board with new members as the trustees' terms run out.

STORY LINE invites WA members to share their experience, strength and hope with the WA fellowship around the world. Each of us has something to share that can help another workaholic to abstain from compulsive working. Please send your submittals by email to: storyline@workaholics-anonymous.org, with **SL** in the SUBJECT LINE. Include your contact information and please also let us know if we can include your first name as author. Your contribution will make this publication more alive, while improving your recovery by helping others.

Note that materials submitted are assumed to be intended for publication, are subject to editing to provide conformity for the newsletter. They become the property of WAWSO, which may publish them in any format in any Workaholics Anonymous literature. The tentative deadline for submissions for our next issue is: February 15, 2015.

Workaholics Anonymous World Service Organization

PO Box 289 Menlo Park CA 94026

Telephone: 510-273-9253

www.workaholics-anonymous.org storyline@workaholics-anonymous.org

