

## **WA Meditation Writing Workshop Script**

(Pages 3 to 5 of this document—with the sample meditation, meditation format, and suggested topics—can either be shown onscreen, page by page, or be printed for an in-person workshop.)

### **Leader Instructions**

Start by reading (but not showing yet) a meditation from the *Workaholics Anonymous Book of Serenity* (2018).

(The example here is No. 2. A full-page view of this meditation, to show/distribute later in the workshop, is on p. 4 of this document. You may also read a different meditation—or add a second one—from the *Book of Serenity*, if you choose.)

#### **2**

### **Ego Boost or Serenity?**

***Even when offered the best, I say “no” if I need rest.***

(No need to read this; it is just for reference here: *Workaholics Anonymous Book of Recovery*, 1st ed., 2005, p. 182, no. 18)

I enjoy my work so much that when an opportunity to use my skills comes along, I get excited. Even with no room in my schedule, I can feel drawn to the new project like an addict to a drug. I quickly see myself as the perfect person to take it on. My adrenaline and my ego get a boost, but soon my serenity takes a dive.

Thanks to the Program, I know I’m not indispensable. Even if I’m the best person for the job, my peace of mind requires me to say no sometimes. I no longer want to endure the stress and strain of overdoing. If sensations of stress arise when I think about this new project, I pay attention. They can be my Higher Power’s nudge, signaling me that saying no is the best thing I can do for myself and for the project.

***Saying no can be a way of saying yes to sanity.***

## **General Introduction Information (Talking Points)**

- The *WA Book of Serenity* (2018) has 52 weekly meditations.
- Now planning a daily, 366-meditation, sequel
- Looking for more contributions

## **Suggested Workshop Organization**

- Explain the format (page 3 here; show it on the screen or distribute).
- Show the meditation on the screen or distribute copies and analyze (p. 4 here).
- Show or distribute suggested topics (p. 5 here).
- Then have participants write with the format on screen.
- Suggested time for writing: about 15 minutes
- If the group wishes, people may take time to read their drafts at the end.
- Close, inviting people to contribute what they have written through the WA website (put the link to the website submission form in the chat—perhaps from the beginning).
- [workaholics-anonymous.org/literature/submit](http://workaholics-anonymous.org/literature/submit)
- Serenity Prayer

## **Meditation Writing Format for the Meditation Book Project**

### **Title or Topic (optional):**

A word or phrase indicating the main idea of the text.

### **Inspirational Quotation (optional):**

A short quote from WA literature that supplements the Title or Topic (with reference to where it is).

### **Your Meditation:**

The goal is to offer hope to fellow workaholics for balance and increased awareness in our lives. Think of it as a share coming from love and service. (80-150 words)

### **Affirmation or Encouraging Statement (optional):**

A final sentence to help remember and apply the meditation message in our lives.

## 2

### **Ego Boost or Serenity?**

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## **Some Suggested Topics:**

- **Work Avoidance**
- **Sleep**
- **Perfectionism**
- **Play and Fun**
- **Sponsorship**
- **Burnout**
- **Steps**
- **Traditions**
- **Tools**
- **Characteristics of WA Recovery**
- **Characteristics of workaholism**
- **Relationships**

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