

Living in Balance

JULY 2007

The International Newsletter of Workaholics Anonymous

2007 W.A. CONVENTION in PORTLAND.....ARE YOU IN?

Ok folks, this is the last newsletter before this year's WA Convention outside of Portland Oregon USA-- this year right on the beautiful Columbia Gorge. We have included another chance for you to sign up for the convention (pages 7 and 8) which runs in just a few days now, from Thursday August 23rd thru Noon Sunday August 26th. The hosting facility is called the Menucha (Pronounced Minooka) so if you are feeling a little kooka from your worka come to Menucha (www.menucha.org) and have some fun with us. I myself have never done wind surfing before but apparently the professionals love to come to the Columbia Gorge to windsurf because of the strong wind blowing down the Columbia River so I am toying with the idea of joining them, in a wetsuit of course. Besides opportunities like that to have fun in the wild outdoors there will be some fun in the wild indoors. And we will have many meetings for you to share about your WA life such as it is with others who have gone before you and want to share their healing with you. *You don't want to deny them that chance do you??* Ok that was a shameless seductive plug for this year's convention. But subtle pressuring and seductive talk is ok *if* it's for a good cause.....*right?* The Editor

Anonymous Share from a WA member in New Zealand

As well as being a recovering workaholic, I am a recovering work avoider. This aspect of my disease, I find more painful at times than my overdoing. It can also have more dire consequences, when I don't do what I need to do in time and rush it at the last minute or go past the deadline. This impacts on others very directly and I also place myself under considerable stress, as I "use" adrenalin more obviously than at other times. Over the years, I have been coming to accept this aspect of my disease and have started to use tools more, like praying for willingness to do the task I'm avoiding or book-ending with others in the programme. Instead of dismissing the many tasks I do while avoiding the priority task and giving myself a hard time for my avoidance, I have also begun to value the dismissed tasks. Recently, a friend in the programme phoned to book-end starting on an assignment she needed to write for a course she was doing. I spontaneously said, can I book-end something at the same time. So, I agreed to start tidying my garage while she started on her assignment. She was to phone back in an hour and for the next 45 minutes I managed to do a large number of "other" tasks, then I noticed the time and headed for the garage. I stood in it "overwhelming myself" with the magnitude of it, as I had been doing in my head for the past six months. During that time, the task had grown from a simple one, to one of huge proportions. I could still get the car in (just), but the paint work had been damaged recently by an object falling on it, which had sparked my prayers for willingness to begin clearing out the garage.

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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.)

"It feels so good to finish."

"My doing my right work strengthens all my relationships. My work brings me closer to those I love"

"How important is it?"

"Listen and Learn"

"Don't succumb to production seduction."

"Success is the quality of your journey."

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

***Newsletter Subscription Form***

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

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

Name: _____

Address: _____

City, State, Zip: _____

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



STEP/TOPIC FOCUS: STEP THREE--LETTING GO-BIG DECISIONS/EVERYDAY LIFE**Step Three in Workaholics Anonymous: "Made a decision to turn our will and our lives over to the care of a power greater than ourselves."**

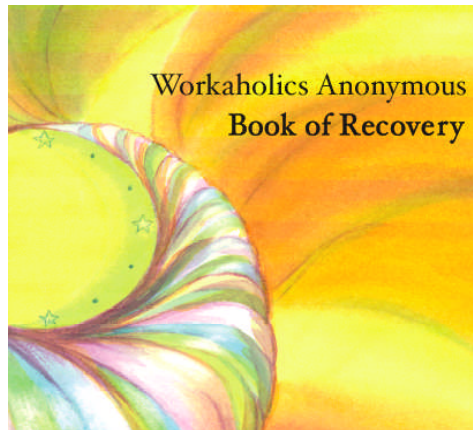
I want to add a personal note here about Step 3. I heard an A.A. oldtimer describe Step 3 a little differently than you usually hear in the meetings. He said essentially, that Step Three is not really the moment when you turn your will and life over. Rather it is when you make the decision to do so. He contended that the act of turning your will and life over to your higher power happens not by the end of Step 3, but rather it is a process that occurs as a person works steps 4 through 12. He experienced Step 3 as a decision to create/be open to a Higher Power relationship and as an acknowledgement of the resolute need to continue with the remaining Steps in order to actually experience the kind of Higher Power depth of connection that will be needed in order to receive a quality of humility and/or grace enough to have the addiction/obsession of the mind firmly lifted. This interpretation has helped me with my feeling of shame (S.H.A.M.E. -Should Have Already Mastered Everything) that I have not done a "good enough" Third Step because I might not feel particularly connected to or led by my HP by that time in my step process.. *Editor*

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 & how workaholism is manifesting in our lives.

Step Three Questions:

1. Consider the phrase "Let go and let God." This can be difficult for workaholics who are used to success depending on self-will alone. In what ways am I willing to adopt a new attitude about work and business?
2. What barriers remain that block my relationship with a higher power? Anxiety over giving up self determination? Difficulty trusting? Unworkable definition of a Higher Power? Old habits? No experience with a caring Higher Power? How does surrendering to a power greater than myself feel to me?
3. Create a balance sheet. On one side list all the reasons for believing in God. On the other side, I list my reasons and beliefs that keep Higher Power out of my life.
4. How do I "Play God"? What is dependence & how can dependence on a Higher Power lead to greater independence?
5. How do I describe the God of my understanding? Do I need a more loving, forgiving, available experience of a Higher Power--what would that look like?
6. How do my work and activities create an illusion of power and control?
7. Am I still trying to handle each problem myself, or am I asking for the help of coworkers & my H.P. for guidance?
8. What are the signs that tell me I am working from ego, willpower, and pressure? What are the signs that tell me when I have turned my will and my life over to the care of God?
9. Do I invite the presence of God by thinking of God as my employer? Do I begin each day with a prayer listing what I feel grateful for, asking how I can be of service? Do I take time to cultivate a relationship with my Higher Power? How do I use the Serenity Prayer?
10. Do I misuse willpower, bombarding my problems with it instead of attempting to bring it into agreement with God's universal wisdom? Do I pray for what I want rather than using meditation and other spiritual experiences to become teachable and open to the support of a caring Higher Power?

This page of W.A. Third Step questions is an excerpt from the W.A. Book of Recovery Pages 119-121 and is reprinted with permission of the W.A. World Service Board. See order form on next page, page 4.



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**

	US Postal Service Priority Mail
1 -2 Books	\$4.60 total
3-10 Books	\$8.95 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

FOR INTERNAL USE ONLY					
Date Received	CheckNo.	Pymt Amnt.	Date Sent	Scan & Send	InventoryID

(CONTINUED FROM FRONT PAGE) ANONYMOUS SHARE FROM WA MEMBER IN NEW ZEALAND

When my friend phoned back she outlined her progress, then I shared my sense of overwhelm and how I had begun my usual process of tackling several different areas of the garage simultaneously. With her support I agreed to tidy only one section after lunch and call her again in 2 hours.

A miracle occurred, so that when I phoned back 2 and a half hours later, I could report that the bulk of the garage was tidied. The monumental task I had created in my mind over the last 6 months, had been virtually accomplished in under 3 hours. Thank you Godde for the tools of this programme - prayer, support, book-ending and the like.

The previous story was submitted to this newsletter from a WA member in South Brighton New Zealand.

Third Step Story

As I (slowly) work my way through the steps, my appreciation and understanding for steps 1 through 3 grows deeper. Recently, I had an experience that gave me a new understanding of Step 3.

After meeting someone new, I was left feeling uncomfortable about my actions during the encounter, specifically my lack of boundaries with someone I didn't know yet. The next day, I found myself worrying over the encounter and feeling terrible. I tried to talk myself out of second-guessing events in the past, but every time I pushed my anxieties away, they came back.

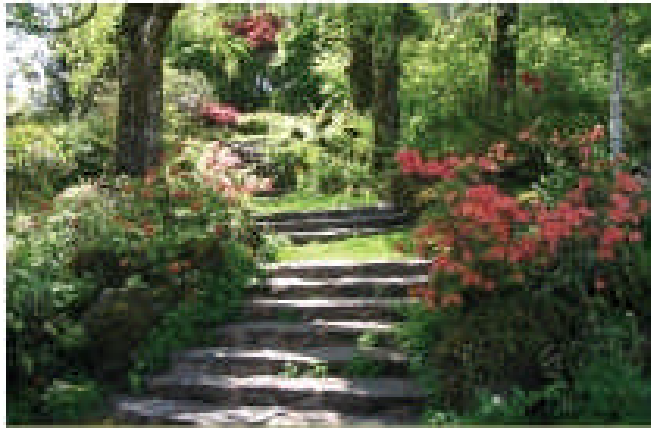
Thanks to recovery, my tolerance for self-inflicted pain is much lower than in the past. Fed up with suffering, I turned to my higher power. "Someone clearly has to worry about this, could you do it? I don't want to anymore." As soon as I had silently expressed this to my higher power, I felt better. A short while later, the feelings surfaced again and I made the same request of HP. After the third time, I was relieved of my tortured thoughts. This brought an unexpected gift: now that I didn't have to beat up on myself, I could reflect with compassion on my actions. I realized that having clear boundaries while socializing with people I don't know is a skill I lack. Perhaps my difficulty with these encounters is what fuels my social anxiety and isolation. And perhaps I could develop better skills through practice. This was a revolutionary idea.

My higher power tested these new thoughts by throwing me into a similar situation with another new person about a week later. Now that I was conscious of my lack of skills, it went much better. I didn't expect myself to be perfect - I saw it as an opportunity to learn something new.

Since that time, I continue to ask higher power to do my worrying for me. My step work has given me the clarity to realize that I suffer from chronic anxiety; in the past, the only antidote I found for my constant state of fear was adrenaline. When I was angry, excited or just *busy*, I felt confident. When I wasn't adrenalized, I felt anxious and terrified. I have tried (as have my friends and family) to talk myself out of my fears with no luck. Now I can honor my feelings and turn them over. Fortunately, my higher power is big enough to take on all my worrying and still keep a good attitude.

This story submitted by WA member in Portland OR???????.

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W.A. WORLD CONFERENCE 2007

CONFERENCE THEME: "LIVING THE STEPS"

DATES: AUG 23rd, 24 - 26, 2007

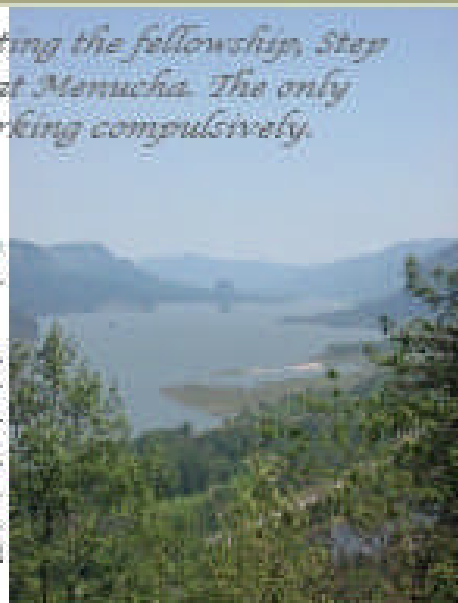
August 23rd is a *Pre-Conference Day* and will include time for informal meetings, sightseeing, meditation, member meet-and-greet and other personal pursuits.

VENUE: MENCHUA — IN THE COLUMBIA GORGE

Enjoy the quiet and peaceful surroundings while getting the fellowship, Step work, tools and experiences of other W.A. members at Menucha. The only requirement for membership is the desire to stop working compulsively.

Conference Details:

- **Location:** Menucha is located on the south side of the Columbia Gorge in Corbett, Oregon. Visit www.menucha.org for more information on directions to the retreat and photos of the location.
- **Accommodations:** 12 rooms are available for triple occupancy. Additional rooms will be available depending on registrations received by May 1st. Double or single occupancy options are available at a higher cost. Bedding and towels are provided. Each of the 12 rooms has a queen size bed, two single beds, and a private bathroom. Additional rooms (if needed) have a different configuration. Hotel accommodations are also available in Troutdale (10 minutes), Gresham (20 minutes) and Portland (30 minutes away).
- **Transportation:** Various forms of transportation are available including shuttle (\$40 & up one-way), taxi (\$45.50 & up one-way), and rental car. Some airport pickups may be provided by fellow W.A. members. Please indicate on your registration form if you need help with transportation.
- **Meals:** Menucha offers a variety of dishes including vegetarian meals.
- **Pre/Main Conference:** The Main Conference starts with two registration periods at 1:00pm and 3:00pm on Friday and extends through Sunday morning. The Pre-Conference Day, described earlier, starts with registration at 3:00pm on Thursday and finishes with lunch on Friday (depicted on the schedule below with a dotted background). All Pre-Conference Day meetings are informal.



Conference Schedule Outline:

Thursday, Aug 23 <i>(Pre-Conference Day)</i>	Friday, Aug 24 <i>(Main Conference starts at 1:00 pm)</i>	Saturday, Aug 25 <i>(Main Conference)</i>	Sunday, Aug 26 <i>(Main Conference)</i>
	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast
	9:00-11:45 Meetings/Free Time	9:00-11:45 Meetings	9:00-11:45 Meetings/Closing
	12:00 Lunch	12:00 Lunch	12:00 Lunch
3:00 Registration	1:00-3:00 Registration		
Meetings	2:00-5:00 Early Bird Meetings	1:00-3:30 Meetings/Free Time	
Free Time	5:30 Reception		
6:00 Snapper	7:00 Dinner	6:00 Dinner	
7:30 Meeting	8:00 Opening Meeting	7:30 Fun Night	

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 wacconference2007@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	Total enclosed:	\$ _____

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: