

Characteristics of Recovery

1. We are able to speak such statements as: I do not know. I do not understand. I do not remember. I was wrong. I made a mistake. I am sorry. I need help. I am sad. I am lonely. I am afraid. I am uncomfortable with what you said. I am angry. I cannot help. I feel like goofing off. So what? Who cares?
2. We accept that others need not always be happy. We do not fight their feelings with logic or distraction. We respect limits.
3. We believe that many people can do most or all of what we do as well as we can – or better.
4. We do not expect to predict the future or read minds. We know that failures and incomplete projects are part of the learning process. We realize that no matter how fast or efficiently we work, there are only 24 hours in a day.
5. We respect our body instead of fighting it. We realize that feeling tired or ill is part of the human experience. We rely on intuition as well as inner timing and rhythms.
6. We accept that not everyone may like us.
7. We can refuse responsibility or requests. We can say no without feeling guilty. We nurture ourselves and give from our overflow.
8. We delay, delegate, and lower performance standards as needed.
9. We realize that it is acceptable to be inconsistent at times. We find our own mistakes to be a continuing source of humor.
10. While communicating, we notice people's states and respond to them rather than being solely focused on the matter at hand.
11. We value joy over efficiency. We understand the importance of rest and play. We think of work as part of—but not all of—life.
12. We believe everyone has intrinsic value, whether working or not.
13. We realize we are valued by how we treat others – not by what we own, what we produce, or how hard we work. We know that people do not care how much we know until they know how much we care.
14. We realize we cannot force growth. We know we cannot change, control, or rescue anyone. We have reasonable expectations for ourselves and for others.

15. We live in the present without regretting the past or fearing the future.
16. We believe that others who are part of a joint venture share responsibility for both “good” and “bad” outcomes.
17. We accept change, the unexpected, and conflict as parts of life.
18. We trust our developing relationship with our Higher Power, and we embrace our own goodness and growing serenity.

(Workaholics Anonymous Book of Recovery, 2nd ed., 2015, p. 32)