



Suggested Format and Script for WA Meetings

[Please adapt for your own WA Group's purposes.]

[Pass out the initial readings. Suggestions are:

The Characteristics of Workaholism, How Recovery Happens, the Twelve Steps, the Twelve Traditions, the Tools of Recovery, and the Promises. If this is a Literature meeting, other selected readings can be included.]

Introduction

“Welcome to the _____ meeting of Workaholics Anonymous. My name is _____ [*first name*], and I am a workaholic and the leader for this meeting.

[For in-person meetings]

“Please remember to silence your phones before we begin.”

[For online/phone meetings]

“Please remember to mute your phone or device when you are not speaking.”

“Thank you! Will all those who wish to please join me in a moment of silence, to do with as you wish, followed by the Serenity Prayer?”

[Pause]

“God grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

“Workaholics Anonymous is a fellowship of individuals who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from workaholism. The only requirement for membership is a desire to stop working compulsively. There are no dues or fees for WA membership; we are self-supporting through our own contributions. WA 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.”

“Now is the time we introduce ourselves by our first name only. Please let us know if you are here for the first time or visiting from outside this area so that we may welcome you. Again, my name is _____, and I am a workaholic.”

[Allow other members to introduce themselves, acknowledging each one in turn.]

“I will pass around a list for names and phone numbers. Anyone who puts contact information on the list is indicating a willingness to communicate about the program with other WA members between meetings.”

[Pass the list.]

“Are there any WA-related announcements?”

[Make announcements and allow other members to make announcements as needed.]

“Can someone please read _____ *[suggested reading]*?”

[Allow another member to read, then repeat the question for each additional reading: 1. the Characteristics of Workaholism, 2. How Recovery Happens, 3. the Twelve Steps, 4. the Twelve Traditions or “Tradition of the Month,” and/or 5. the Tools of Recovery]

Type of Meeting

[View suggested meeting types](#)

“The format of this meeting is _____.”

[If it is a speaker meeting, introduce the person. For a Step, Topic, Literature, or other type of meeting, announce the purpose and then request a volunteer to read any relevant literature.]

Group Sharing

“We ask that you avoid cross-talk. Avoiding cross-talk means that when we speak, we address the meeting as a whole. We speak in the first person and do not give advice. As stated in the WA Preamble, ‘[o]ur primary purpose is to stop working compulsively and to carry the message of Recovery to workaholics who still suffer.’ As such, we also ask that you be conscious of the majority by making an effort to keep your comments solution-based and focused on our topic wherever possible. Please do not share again until everyone who wishes to has had an opportunity to share. We keep the Twelfth Tradition of anonymity in mind, placing principles before personalities.”

[Request that someone volunteer to time the shares if the Group desires. Instruct the volunteer on the preferred length of shares and method used to signal sharing members.]

“The meeting is now open for sharing. Again, the topic is _____.”

[About 15 minutes prior to closing, if appropriate and desired by the Group, ask if there are any newcomers who wish to share.]

Closing

“Our meeting is now completed. If you did not get an opportunity to share, please stay after the meeting and talk with someone.”

“By our Seventh Tradition, we are self-supporting – declining outside contributions. I will pass the basket. If this is your first meeting, please do not feel pressured to contribute. The money we collect goes to pay for rent and literature as well as to support our outreach to other workaholics.”

[Pass the basket.]

“Can someone please read the Promises?”

[Allow another member to read the Promises.]

“In order to preserve each member’s anonymity, we ask that all you see here—and all you hear here—stay here. The opinions expressed are personal ones. Please take what you like and leave the rest.”

[Thank those who read during the meeting. Repeat welcome to newcomers and congratulate anyone celebrating a WA birthday or abstinence anniversary.]

“In closing, we are thankful to have this opportunity to grow in respect for ourselves and to learn a healthy attitude toward our work. No matter how deep-rooted and desperate our workaholism, no matter how hopeless our problems seem – we start from where we are. By living the program one day at a time, we begin to experience the freedom and happiness it offers. As we grow closer to a Higher Power, we find we have become transformed. We have what we always sought – love and peace of mind. What seemed impossible is now a reality. If we continue to take action on our program, step by step, we find life becoming richer and more joyful.”

“Let’s end our meeting with the _____ prayer.”

[Serenity, Third Step, Seventh Step, Eleventh Step, or other prayer selected by the Group: view list]

[Pray.]

(Adapted from the *Workaholics Anonymous Book of Recovery*, 2nd ed., 2015, pp. 202-205)