

THE PREAMBLE*

Of 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.

HOW DO I KNOW IF I'M A WORKAHOLIC?

1. Do you get more excited about your work than about family or anything else?
2. Are there times when you can charge through your work and other times when you can't get anything done?
3. Do you take work with you to bed? On weekends? On vacation?
4. Is work the activity you like to do best and talk about most?
5. Do you work more than 40 hours a week?
6. Do you turn your hobbies into moneymaking ventures?
7. Do you take complete responsibility for the outcome of your work efforts?
8. Have your family or friends given up expecting you on time?
9. Do you take on extra work because you are concerned that it won't otherwise get done?
10. Do you underestimate how long a project will take and then rush to complete it?
11. Do you believe that it is okay to work long hours if you love what you are doing?
12. Do you get impatient with people who have other priorities besides work?
13. Are you afraid that if you don't work hard you will lose your job or be a failure?
14. Is the future a constant worry for you even when things are going very well?
15. Do you do things energetically and competitively including play?
16. Do you get irritated when people ask you to stop doing your work in order to do something else?
17. Have your long hours hurt your family or other relationships?
18. Do you think about your work while driving, falling asleep, or when others are talking?
19. Do you work or read during meals?
20. Do you believe that more money will solve the other problems in your life?

If you answer "yes" to three or more of these questions, there is a chance you are a workaholic or well on your way to becoming one.

TOOLS OF RECOVERY

Listening We set aside time each day for prayer and meditation. Before accepting any commitments, we ask our Higher Power and W.A. friends for guidance.

Prioritizing We decide which are the most important things to do first. Sometimes that may mean doing nothing. We strive to stay flexible to events, reorganizing our priorities as needed. We view interruptions and accidents as opportunities for growth.

Substituting We do not add a new activity without eliminating from our schedule one that demands equivalent time and energy.

Underscheduling We allow more time than we think we need for a task or trip, allowing a comfortable margin to accommodate the unexpected.

Playing We schedule time for play, refusing to let ourselves work non stop. We do not make our play into a work project.

Concentrating We try to do one thing at a time.

Pacing We work at a comfortable pace and rest *before* we get tired. To remind ourselves, we check our level of energy before proceeding to our next activity. We do not get "wound up" in our work, so we don't have to unwind.

Relaxing We do not yield to pressure from others or attempt to pressure others. We remain alert to the people

and situations that trigger feelings of pressure in us. We become aware of our own actions, words, body sensations and feelings that tell us we are responding with pressure. When we feel energy building up, we stop; we reconnect with our Higher Power and others around us.

Accepting We accept the outcomes of our endeavors, whatever the results, whatever the timing. We know that impatience, rushing and insisting on perfect results only slow down our recovery. We are gentle with our efforts, knowing that our new way of living requires much practice.

Asking We admit our weaknesses and mistakes. We realize we don't have to do everything ourselves, and we ask our Higher Power and others for help.

Meetings We attend W.A. meetings to learn how the fellowship works and to share our experience, strength and hope with each other.

Telephoning We use the telephone to stay in contact with members of the fellowship between meetings. We communicate with our W.A. friends before and after a critical task.

Balancing We balance our involvement in work with our efforts to develop personal relationships, spiritual growth, creativity and playful attitudes.

Serving We readily extend help to other workaholics, knowing that assistance to others adds to the quality of our own recovery.

Living in the Now We realize we are where our Higher Power wants us to be in the here and now. We try to live each moment with serenity, joy and gratitude.

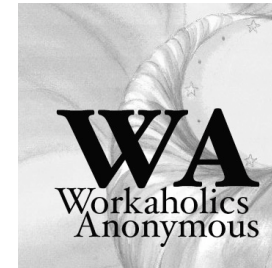
THE TWELVE STEPS OF WORKAHOLICS ANONYMOUS

1. We admitted we were powerless over work that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood God*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Became entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood God*, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to workaholics, and to practice these principles in all our affairs.

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THE TWELVE TRADITIONS OF W.A.

1. Our common welfare should come first; personal recovery depends upon W.A. unity.
2. For our group purpose there is but one ultimate authority a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for W.A. membership is a desire to stop working compulsively.
4. Each group should be autonomous except in matters affecting other groups or W.A. as a whole.
5. Each group has but one primary purpose to carry its message to the workaholic who still suffers.
6. A Workaholics Anonymous group ought never endorse, finance or lend the W.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every W.A. group ought to be fully self supporting, declining outside contributions.
8. Workaholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. W.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Workaholics Anonymous has no opinion on outside issues; hence the W.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

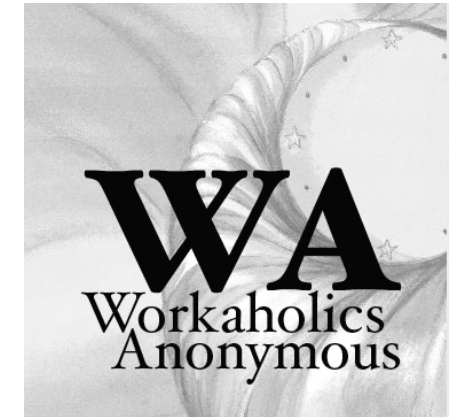


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First founded in 1983 by a financial planner and a teacher, Workaholics Anonymous has blossomed into a global fellowship of over forty meetings. Our newsletter *Living in Balance*, the *Workaholics Anonymous Book of Recovery*, and annual conferences all carry the message of recovery to those who suffer from compulsive work, activity, and worry.

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WORKAHOLICS ANONYMOUS

A BRIEF GUIDE