

Workaholics Anonymous First Step Meeting

“Welcome to the _____ meeting of Workaholics Anonymous. My name is _____ (first name) and I’m a workaholic and your present Chairman of this group.

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?

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

(Read the Preamble:)

“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 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.”

“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. My name is _____. *Only if newcomers are present.*

GROUP READING

*Ask volunteers to read:
How Recovery Happens*

FIRST STEP MEETING

The format of this meeting is a first step. During the meeting we take turns sharing our experience, strength and hope in relation to our struggles and recovery from work addiction in W.A..

Read the following before you start the reading:

“We ask that we 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 it mentions in our preamble *(read at the beginning of the meeting)*. “Our primary purpose is to stop working compulsively and to carry the message of recovery to workaholics who still suffer.” Please make an effort to keep you comments focused on our topic and/or an issue related to your experience with workaholism

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.

OTHER SUGGESTED READINGS

- Choose 2-3 readings and then point out the remaining topics to the newcomer (in the Book of Recovery)
 - Drs. Opinion pg. 95
 - Top & Bottom Lines pgs. 217 & 218
 - Work Aversion pgs. 100-103
 - Principles of Recovery pgs. 12 & 13
 - Gifts of Rest pgs. 204 & 205
 - Promises of WA

During the meeting:

"By our Seventh Tradition, we are self-supporting, declining outside contributions. I will pass the basket. If this is your first meeting, please don't contribute. The money we collect goes to pay for rent and literature, and to support our outreach to other workaholics." (*Pass the basket.*)

At about 10 minutes before closing, you may say, "Would any of our newcomers wish to share?"

CLOSING

At the end of the meeting: "Our meeting is now completed. If you didn't get an opportunity to share, please stay after the meeting and talk with someone."

"A member will now read *The Promises of the Program.*"

"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 to any who are celebrating a birthday or anniversary of abstinence.

"Are there any W.A.-related announcements?"

"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 our 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, one step at a time, we find life becoming richer and more joyful."

"Let's end our meeting with the _____ prayer."

You can choose from the following:

Lords Prayer

Serenity Prayer

Third Step

Seventh Step

Eleventh Step Prayer.) Adapted from pages 172-174 of The Workaholics Anonymous Book of Recovery.