

Suggestions For Types of Workaholics Anonymous Meetings

Step Meeting:

Reading of a step out of the Book of Recovery and shares

Topic Meeting:

Discussion about a topic picked for the meeting

Workbook Meeting:

Reading, Writing & Share on a section in the Book of Discovery

Speaker Meeting:

½ hour for speaker and then ½ for shares

Reading – Meditation, Writing & Share:

Chosen step reading, 2-4 minutes of meditation, 10-15 minutes of writing, then share.

Combo Meeting:

A different format each week your group meets:

Week 1 – Step

Week 2 – Open Topic/Discussion

Week 3 – Speaker

Week 4 – Workbook

Week 5 – Special Readings