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