

Our Preamble

Our primary purpose is to stop working compulsively and to carry the message of recovery to workaholics who still suffer.

Tradition Eleven

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.

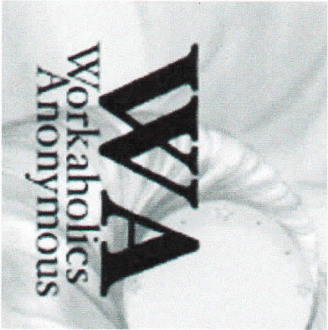
Availability Statement

For anyone who desires help recovering from workaholism, I patiently offer the healing and balance I have, and how W.A. helped me to find it.

The 12 Steps of W.A.

1. We admitted we were powerless over work –that our lives had become unmanageable.
2. Came to believe 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 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.

Workaholics Anonymous
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**WORKAHOLICS
ANONYMOUS**

**OUTREACH
GUIDE**

Outreach Goals

We remind ourselves of W.A.'s primary purpose: To carry the message of recovery "*to the workaholic who still suffers.*" (Tradition Five) We do this by educating and informing the general public about W.A., correcting common but inaccurate stereotypes in order to bring a better understanding of the disease of workaholism in all its facets.

Encourage regular face-to-face, phone and online meetings or other special gatherings to make W.A. more available to people throughout the world.

Show how the Twelve Steps and Tools of WA can bring balance, respect and humility into our lives. When we improve our own lives through the Twelve Step Program, our way of living becomes attractive to those who are still suffering.

Encourage workaholics to repair broken relationships and to develop and nourish new relationships with fellow W.A. members as well as partners, family, co-workers and friends.

Increase the depth and quality of our relationship to our Higher Power through service given in humility, and to deepen our connection to, and enjoyment of, our W.A. fellows.

How We Reach Others

Does your meeting place include other Twelve Step fellowships? If so, place a flyer on the bulletin board or common areas.

E-mail flyers to other recovering people so they can post them at *their* meeting places to help spread the word.

Distribute pamphlets to other Twelve Step fellowships – many don't know W.A. even exists anywhere, let alone meets close to them!

Inform spiritual and religious leaders, therapists, doctors, etc., in the community at large about W.A. and nearby meetings.

Make efforts to place the W.A Book of Recovery in your local library.

Contact your local newspaper and ask them to put a meeting notice (including time and place) in the announcement section by the classifieds (usually free).

Look for Web sites that have a list of support groups in your area where W.A. links or info would be appropriate and request that W.A. information be included.

Contact local intergroup offices for AA/NA/CA, etc. and give them your contact information telling them about W.A. and the meetings in the area.

Start a new meeting in your area by ordering a new meeting starter kit, which includes more outreach literature.

Send an e-mail to:
fulfillment@workaholics-anonymous.org

Public Awareness Policies

Media

To inform and raise public awareness, W.A. and associated service bodies (including local meetings), may send press releases to newspapers, magazines, television, radio, Web sites, newsletters, billboards, and other forms of public media, providing personal anonymity is maintained for members of W.A. Members or volunteers may give their first name and contact information to the media but request that their anonymity be preserved in the published media content.

Media requests about the W.A. organization should be sent to the W.A. Outreach Coordinator.

Public Relations

In order to fulfill its primary purpose of carrying its message to the workaholic who still suffers and to reach those who are not aware of the existence of our fellowship, we provide information and use attraction and cooperation rather than promotion or affiliation.

Attraction: To draw towards by means other than physical influence; to invite, encourage, or approach.
Promotion: To push forward; to further advance, "hard sell," advancement for profit.

We cooperate with outside groups, but are not affiliated with any organization. We inform the public who we are, what we do, and how we can help. Working with others broadens our scope and contacts, and we reach more of those in need.

In communicating via the press, radio, TV, Internet, and films, we always stress personal anonymity at the public level.

Hiring outside contractors or service companies is not considered an affiliation.
(*Examples could include, but are not limited to, hospitals, doctors, nurses, clergy, treatment centers, educators, dietitians, family therapists, marriage counselors, and employee assistance counselors.*)

Public Service Announcements & Paid Ads

To raise public awareness, W.A. and associated service bodies may make use of public service announcements and purchase ads in appropriate newspapers, magazines, television, radio, newsletters, Web sites, billboards, and other forms of public media.