

STORYLINE

From Workaholics Anonymous

JUN JULY AUG
2017



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

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SHARING: CHILDHOOD CHAOS

I remember i was scared when i was young. It was chaotic around me. I was scared of people being angry, being anxious all the time and sad. I was feeling alone. I remember that I was transforming myself in order not to make anyone shout at me, or cry. There was a kind of guilt, as I thought that it was my fault if they were shouting or crying. That I should have done another way and perhaps it would have been different, and they would have been happier.

I took all the responsibilities on my back. I wanted to save the others, the situations, and myself. I developed the habit not to show any of my emotions. I controlled my emotions, and I thought this made me strong.

I tried to do what i thought they wanted me to do. I thought all the time I was not enough and that i was the fault for the problems around me. These feelings have put me on the way of doing too much, from the question "what I should have done to change all this?" I thought what I did was not enough, i need to do more and more endlessly, I need to be perfect and not to show any emotions, and be the best in order to please my father, whom i was looking at like a god. At the same time, I remember I was feeling so "powerless" because the task was seemingly so big, there were a lot of discussions and a lot of problems, financials problems and other problems. At the same time I was feeling powerless and overextended, yet I was feeling that I needed to help, to do something, everything was so big, so important, such a drama for myself what was happening around me. I remember a day I was at school and my friends were playing, and I was thinking: "They don't know. I am an adult, because I know what the word problem means, and they don't".

I took on the habit to try to solve problems, to save the world, and to adapt myself to others, and at the same time, to feel too young to be able to do things, and thus a kind of paradox or contradiction. All this I did it because I had been scared to be alone. I needed to solve problems and to help others and do what people wanted me to do in order for me to feel secure. I was so scared and drowning in chaos.

All these feelings and emotions, I was keeping to myself, and I forgot them. And I replaced them with WA help for myself, others, situations and problems, through surrendering all these things to my higher power and my program. Since being in WA I am no longer trying to control situations, problems, others and myself by myself. I am able to speak about what I feel. One day at a time. Thank you for your service.

--Love,

--Helen

SHARING: SEEING THE EMOTIONAL CONNECTION

It could have really helped me to know as a kid and teenager that other people were going through similar things and reacting in similar ways to their family's chaos. I'm so grateful to hear about this now, though, and know I'm not crazy. As I work in WA, I'm realizing I feel a lot for shame for acting the way I did as a kid--mainly the way I was a little adult-- because it isolated me from people my age. But it also made me feel safe at home and in my body, like I had some control. Now, I'm starting to see the emotional connection between what was going on in my family and how devastated and scared I was, but that it was not possible at the time to behave any other way. I never thought working on my workaholicism would help unlock all this, but I guess it's my primary addiction. Thank you all for giving a platform for his discussion.

--Caroline

SHARING: TRUSTING THE UNFOLDING OF MY LIFE

Promise 4: Fears that there won't be enough time, money, or love leave us.

I am doing better with the money and love parts of this promise. I no longer desire to live in those old fears of economic insecurity and the unknowns. I am miserable in that space. I choose to move forward with trusting my HP. Very much living out the slogan, "let go and let god."

A meditation from one of my other 12 step programs put it this way: "It's very difficult for me to do the footwork, turn it over, and allow god to take care of the results. The times when I allow God to do this magic are when miraculous things begin to happen" (Voices of Recovery, p. 117). I actually used this as the topic for a meeting that I led last night. It has really stayed with me.

As I think about the fear of not having enough time, I see that I actually am doing better with this one, too. As I really work the WA program and prioritize, prioritize, prioritize, what needs to get done, gets done. The non-priority items just no longer seem so important. So, yes, I have the time to complete my priority tasks and chosen activities. Changing my inner attitudes and beliefs along with trusting the unfolding of my life have been and are critical components of this new way of life!

--With kind regards,
--Tisa

SHARING: EMERGENCY WORKING

I've been in other 12 step programs sober for over 7 seven years now.

I've struggled with procrastination and last minute "emergency working" my entire life. I was never able to sit and do homework. I actually dropped out of high school.

And a year ago I built a business. And it's starting to scale. And I had a HUGE project due for my biggest partners yesterday. I kept procrastinating for months...trying to work on it but spending more time studying productivity and procrastination.

Last night, I pulled an all-nighter and finished the project. My partner is incredibly happy with the results. In the process, I ended up taking caffeine pills and an herb to stay awake. I've never taken pills in my life for this sort of thing.

I've also spent a considerable amount of time online researching neotropic medications. I've been putting strain on my relationship with my wife. I feel shame and guilt for not being as productive as I want to be. And sometimes, the things I do when I'm procrastinating, turn into a HUGE project and I commit to other things that are not really priorities.

My workaholism is unmanageable and for the first time in my life, I am beginning to see my "productivity problem" as a disease. I need help. I'm grateful for the few members who have spoken with me over the phone the past 24 hours. I don't want to work another program. I don't even know if I want to recover...I really just want to be the most productive person in the world. But I do believe that recovery is the answer.

--J

SHARING: MY NEW SPONSEE

I have a new sponsee who really appreciates the program and also me. I feel confident and secure in who I am in this relationship. She is bringing joy and love into my life. For the past four months or so I could be with her without sacrificing any work time, but now I am at the point where I am realizing I might like to work less and be less busy so I could spend more quality time with her, and perhaps others. That's new.....and a sign of my recovery!

--Shelley

SHARING: MY WORK COMPULSION AND MY 'OTHER' COMPULSION

I know that I did not do what i wanted to. I did the studies which gave me a lot of money and a lot of status plus good sense of worth to myself. The choices I made in the past were always guided by my compulsion.

Doing what I love was "too easy", and I needed something harder, something for "the other," not for me. I really did not trust myself and my choices. I needed "confirmation" from "the other" because I scared myself too much. I did not dare to follow my own ideas. I think I have both: workaholism and "others" compulsion.

When I had my burnout 10 years ago, it was my body that told me: "stop doing that!" Why? because i "was" my job, and because i wanted all the time to change the others. The others were following their own interest in the job and not the customers's interest. I was always fighting to try to change them, to make them follow the customer's interest. I was working hard, and I was always fighting.

When I think about that, I realize today with WA suggestions (which I try to practice one day at a time), that I should have "accepted" the facts and not fight against them I was a rescuer and a perfectionist. I should have stopped working like a fool, trying to change the world!

The choice i made for my studies is the mirror of this fact: i was a rescuer, a savior. I love the other studies i was thinking about but I really did not know how to follow the easy satisfaction of what I was loving. Being a rescuer felt difficult and yet it was "normal" for me. It was the "familial norm." Of course it was a kind of sabotaging myself, but I did not know it, because of my compulsion. I did not have enough sense of value in myself to be able to do "easy," pleasurable, and creative things.

With WA suggestions, I could have gone on with my work, because I loved it, even if it was not in my best interest. The money would have given me a nice and satisfactory life. WA doesn't tell me to do only things I love, but to love what I do, and to stop overworking like a beast and a rescuer. With WA, I am learning that work is a way to receive money, in order to be able to live my life, but it is not my life. In the past i was thinking "work is all my life."

*--So grateful to WA,
--Helen*

SHARING: NOT PERFECT BUT LEARNING

" not trying to save the world, I could have learned to love it for the money it gave to me and the possibility it gave to me to have a nice and satisfactory life beside it, like I am learning now in WA. WA doesn't tell me to do only things I love, but to love what I do, and surely to stop working like the best beast and like a savior, as far as I am concerned. With WA I learn that work is a way to receive money in order to be able to live not all my life. But in the past I was thinking 'work is all my life.'"

I still have the job I was in during my WA bottom. And it's not my greatest passion a lot of the time. There are a lot to of things that just need to be ok. But with WA tools, steps and fellowship and HP, I'm living very differently.

I'm able to laugh at myself. Able to laugh with others. Be humble. Let go of things I can not change. Work allows me to live, play, travel, see my family, and save. And I'm returning to school to improve my passion, not money or rank. I am not perfect in my recovery but I'm learning.

--Thank you for my recovery

--JC

SHARING: SURRENDERING CONTROL

Signpost 4: We use work as a way to deal with the uncertainties of life. We lie awake worrying; we over-plan and over-organize. By being unwilling to surrender control, we lose our spontaneity, creativity, and flexibility.

Over the next 20 weeks I have two large assignments, an exam at college, and a conversation or two (standing up for my disability) at college to receive support to compensate for my dyslexia. I am in a state of fear and anxiety. It has been interesting over the past few weeks and I am balancing between surrendering my control and letting go.

Since living with my partner and joining WA I have learned to let go of my over-organizing and my overwork. Though my focus is not as problematic as what it used to be, I feel like I am falling back into work avoidance. I am sure that there is a balance between having focus on my studies and relaxation, between work and self-care. It takes me a long time to focus and get settled into study, but once there, I learn so much. But I need that time, that space to focus. I so wish it came easily, but it doesn't - I always struggled with that as a teenager and back then I had no one to help me.

Today I do not need to over-plan and over-organize. I more easily surrender control. But for me this is still very difficult to balance. I ask my HP to show me the way to a healthier life style of work, study balance. I ask for serenity, peace and faith to be with me in my life. If any of you have experience, strength and hope, I would love to hear it.

--In service and fellowship

--Helen

SHARING: URGES TO MAKE LARGE SACRIFICES

I wish you all a good morning and serenity in the day ahead. A quick warning: this is sort of a spilling-my-guts and also navel-gazing email with a note of semi-desperation. I am not sure what is the correct forum for this. So you might not want to read it all. I am just feeling a strong need to reach out and ask for assistance when I am struggling with work in the wee hours of the night.

Basically I just felt like reaching out tonight because I am having sudden urges to make large sacrifices in my personal life in order to get *this* my thesis done. It feels like my addict self is really right here and trying to bait me. I am feeling a lot of anxiety now about not just my thesis itself, but about my visceral desire to try and be a work addict in order to get this project done.

I am still struggling with the question of whether it is even possible to complete my thesis without basically taking a vow of silence for three weeks in order to block out the world, including my partner and my attention-needy cat, and just binge-write until it's done. I think that not having a clear answer to this question is holding me back from getting much work done at all. I have basically been encouraged to binge-work by my thesis advisor, who has sort of admonished me in the past for my difficulty making progress in comparison to her ability to work, as she put it, "17 hours a day, every day" on both her master's thesis and her doctoral dissertation. I also feel encouraged to binge on work by my partner and some of my closest friends. I know they just want me to get this project behind me so that I can get my life back, but now that I'm in WA I am feeling like they are not helpful voices to have around me.

Also, though, I can admit that I tend to overthink things rather than just DOING them (maybe that is a characteristic of work anorexia? I'm not sure). Maybe if I thought a little less about all of this I would be doing a little (or a lot) more work.

Since discovering a couple of weeks ago what a good fit WA is for me I have experienced a few large shifts in my personal life. One is a sudden reclaimed willingness and ability to get 8 or 8 1/2 hours of sleep a night on a fairly regular schedule. I cannot tell you what a struggle healthy sleep has been for me over the past... fifteen years. The other big change is just a newfound serenity and sense of relief. I can finally put a name to a set of problems that have haunted me most of my life. My early work addiction-turned-later work anorexia has amounted to huge mental and physical weights I have sustained since I was 6 years old, I am pretty sure. But now I have found a spiritual solution to them and I have not felt this happy in a long, long time.

The timing is ridiculous, discovering that I am indeed a workaholic and yearning to begin recovery from it ASAP, and yet I have just a few weeks left to finish a graduate thesis that still requires so much work. I think my higher power must have an even kookier sense of humor than I already thought.

I have been making use of the advice/suggestions some of you in WA have lent me. I do appreciate that, so much. But I guess what I'm asking is for any other reflections you might have on whether my urge to shut out the world and binge on work even in the context of recovery sounds familiar, and if so, what you might recommend I do about it.

I have been sorry to miss the meetings these last two weeks. I had a wonderful experience at my first one and I am so excited to have entered this fellowship. I probably won't get to a WA meeting until after May 21st, when I am both *presumably* finished with my thesis and back from a visit with family on the East Coast.

I have been reading the WA Recovery books which I LOVE here and there, doing outreach with some WA members, and recording how I use my time. Those things are helping. I am working on my 4th step in my other 12-step program and I go to a committed weekly meeting in that program (if I miss it twice in a row, I get kicked out. It is a program that is probably pretty antithetical to WA in many ways!). So that stuff along with 11th step work has been keeping me feeling mostly spiritually fit. But that has also sort of been taking the place of my getting substantial amounts of work done. Ugh...

Well, I just spent about twenty minutes writing this. Going to put that on my timesheet! If you have read this far, thank you.

--Sarah

SHARING: SOME TIPS

Have been reflecting on how to finish a thesis in a healthy way--given the time constraint. I never had to write a thesis for my Masters but--have had plenty of papers on which I procrastinated.

At the time (not knowing I was a workaholic), the one thing that was really helpful was to JUST START WRITING. I would think, "Oh, I don't know how to begin in the perfect way," so I'd be stalled. But if I just started, I could always go back and that would give me momentum.

Being in WA, I have some tips, or, how to get it done, here are some tips. useful for more than just written papers, BTW:

1. I seem to work best in handle-able time increments. I set my timer for, say, 30 min. and decide what I'll focus on. Sometimes I'm in such a non-resourceful state that I'm only willing to do 15 so I do that. I just read that research says we're hardwired for 90 min. segments. Sometimes I do that when I'm feeling resourceful. But then **STOP at the end of that time**--or I will get the law of inverse returns.

2. Here are a number of questions to ask oneself: What's my main point? BTW, what's the title of your thesis? Do I still have research to do? Can I do it online or do I have to allot time to go somewhere else to do it? Do I have a general outline? I always hated turning those things in. But you DO have to have a general idea of how to proceed. Does the paper need to be a minimum of a certain number of words? How many hours do I estimate it will take me to finish?

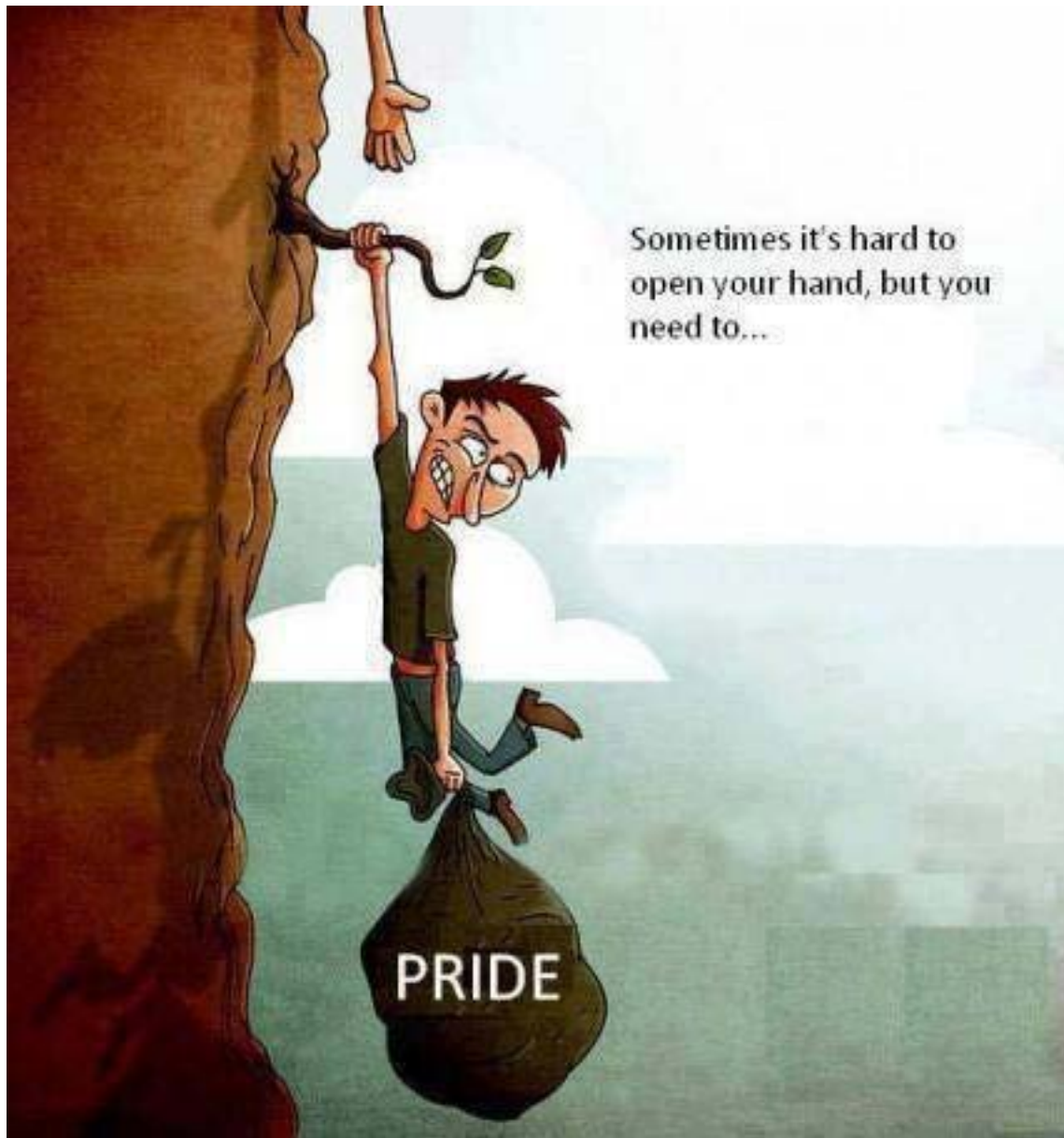
3. Break it down into chunks and estimate each of those chunks for time. GIVE MORE TIME THAN YOU THINK!!! Decide which days of the week are your best for when you usually have space. (This may be irrelevant for you. For me, it allots me more compassion for myself when I acknowledge that Tues and Wed are NOT good days to get something else accomplished.)

4. Take breaks doing something that really refreshes you. Get fresh air. Have been hearing for decades that taking time for breaks/play makes one more effective in the end. Just did it the other day when I was "losing altitude". I went out and gardened for about an hour. VERY good idea.

5. I don't know if you've usually striven to be perfect. I have. So my motto for about 20 years that I at least SAY to myself is, "If it's better than it was, it's good enough." I don't always believe it but it helps.

--Blessings
--Christine

CARTOON: PRIDE



--Brandon

SHARING: TIME WITH GOD

I tried to do what i thought they wanted me to do. I though all the time I was not enough and that I was the fault.

It's the most painful and isolating thought and feeling. It has run through all of my life. Before I even had words. I knew there was such chaos both outside in life but also in the feelings of my parents. I felt their insecurity and anger with it.

It makes the whole world so scary.

Then in school thinking others thought I was worthless I withdrew and I think I'm also very sensitive as many Addicts are.

So I withdrew with a self fulfilling prophecy of withdrawing more and the voice in my head telling me I'm broken or wrong. So of course doing or avoiding becomes a way to control. Interesting I say of course. That's my workaholic mind. It still thinks it's the solution

Time with God seems to. Be the solution.

--Peace

--JC

*People with totally entrenched views
have reached agreement based on shared goals--
ONCE THEY QUIT "DEMONIZING" EACH OTHER.*

--Holly W

SHARING: THE IMPORTANCE OF DOWN TIME

Workaholism has affected me in every aspect of my life. Even now, when I am under great stress, the over-emphasis and extreme focus on tasks rears its ugly head. I am so grateful that I continue to take Sundays off. Last summer we had out of town company on two occasions. They visited on weekends, which meant I did not get a full day to myself. That stressed me out tremendously. In fact, on one of those occasions, I had an emotional meltdown in front of my husband and our company. It actually was embarrassing but I just could not help myself. The emotions were just at the surface. Quite frankly, what I needed was to be alone.

I asked my husband to take me back to my aunt's house and then for the rest of them to continue with the evening plans. He didn't do that. Not surprisingly, the situation reminded me of an incident from my childhood where I felt very powerless with my family. Without warning, my parents forced us to go out of town one Sunday morning to visit some priest we did not know. They did not give us any forewarning. Just out of the blue we could not do our usual routine. With the incident last summer, part of me wanted to open the car door and just jump out, even though we were going quite fast on a four-lane highway. That was a crazy idea but one that connected me back to that childhood event where I wanted to do the same thing. Although as a kid, that idea stayed sub-conscious. Thank HP for that because, back then, I probably would have attempted to jump out. Of course, as an adult, I immediately knew how inappropriate that action would have been but it did help me realize how seriously I needed time alone.

I am grateful that I allowed my emotions to surface last summer during that incident. It really did emphasize the importance of my "down" days. I really do love to just chill and relax all day and evening. I often catch up on personal and recovery correspondence at a leisurely pace. I appreciate that I honored those relationships (the people who witnessed my emotional meltdown) with one-on-one apologies and explanations. I am amazed that I experienced additional healing from the childhood incident. In fact, that woundedness appears to be healed, now. What a gift!

So, I commit to continuing to have that full day off each week. I go forth un-apologetically! I desire a balanced and varied life. Feeling the feelings and ensuring I have down time each week contribute to that lovely goal.

--Tisa

SHARING: MAKING LOVING CHANGES FOR MYSELF

Fellow WA Travellers,

Promise 4: Fears that there won't be enough time, money, or love leave us.

I love this promise.

A few weeks ago, when I felt in a lot of chaos and panic. I decided that I could not go on the way things were. Something needed to change. I felt I was given some clarity and insight. If I was going to continue the way I was I was going to fail. (Now I know that there is no failing in life, but I felt that I was doing and holding far too much). I can not control the outside, but I can make loving changes for myself.

I decided that I needed to let go of my business for the time being. Not forever. I still had workshops in place, websites and a course that I was running. But I could not do anymore marketing and or any more stressing about it. I needed to put everything on hold and concentrate on myself.

Ever since then I have been able to focus on time planning, essay organisation, reading, understanding, digesting of information. I have time to intake and digest.

I needed to let go of fear, money and time. I needed to listen to what is best for me. "Self care," "One thing at a time." I needed to hear some hard truths about myself. I needed to be honest what I can handle. I needed to take responsibility of my learning disability.

Today I feel that I have time, I have enough money, and love is definitely in my life in full flow. Slowing down. Getting back in touch with my meditation and self compassion.

--In fellowship and Service

--Helene

LETTER: WORLD SERVICE ORGANIZATION

Dear WSR's,

My name is Lia F. and I am a Workaholic. I am the Chair of the Literature Committee of the WA Board of Trustees.

I'm writing to ask each WSR Representative to bring to your meetings a request for assistance from the World Service Organization. The WA-WSO Board of Trustees serves the meetings. The 10 or so Trustees are at the bottom the tiny end of the inverted pyramid of the WA service structure. The groups are at the top of the large part and are the ultimate authority in WA. In order to conduct WA business, the fellowship gives authority to the Board, which delegates the administrative tasks of the fellowship to the Trustees and their committees. The Board of Trustees takes its direction and is answerable to the Conference, which in turn takes direction from the Board and is answerable to the WA fellowship as a whole. WA does not have any paid staff (yet), making it even more essential that the hands, minds and hearts of the membership help the Trustees to carry out the administrative functions of the fellowship, by way of service to the Board's committees.

There are a wide variety of ways to get involved. The Literature and Outreach Committees are each in need of a broad base of committee members to help guide and sustain their activities. The Literature Committee reviews and responds to new literature requests and ideas as submitted by WA members that result in new WA literature. The Literature Committee reviews new and updated written material such as pamphlets, books and web pages. This committee oversees its Translation and Meditation Book subcommittees. The Outreach Committee needs help with carrying the message through appropriately responding to the media, replying to requests for information from the public, and producing the e-newsletter, STORYLINE.

Additionally, the Trustees are in urgent need of help with fulfillment: assistance in sending out orders for WA literature. Other opportunities to assist the Board include WA meeting development, Seventh Tradition awareness, support to the World Service Reps, technology, website support, communications, and registering meetings.

Our Book of Recovery reminds us that through service we readily extend help to other workaholics, knowing that assistance to others adds to the quality of our own recovery by fostering a sense of gratitude for what we have learned and how far we have already come (p. 30). Service, no matter how small, helps us reap the rewards of recovery. Ann C. of AA writes that through service we receive:

1. Faith instead of despair.
2. Courage instead of fear.
3. Hope instead of desperation.
4. Peace of mind instead of confusion.
5. Real friendships instead of loneliness.
6. Self-respect instead of self-contempt.
7. Self-confidence instead of helplessness.
8. A clean conscience instead of a sense of guilt.
9. The respect of others instead of their pity and contempt.
10. A clean pattern of living instead of a hopeless existence.
11. The love and understanding of our families instead of their doubts and fears.
12. The freedom of a happy life instead of the bondage of a (workaholic) obsession.

- Ann C. of Niles, Ohio, presented at the 1985 International AA
Convention in Montreal, Canada

To find out more about these opportunities, members can contact:

Literature: Lia, literature@workaholics-anonymous.org

Outreach: JC, outreach@workaholics-anonymous.org

Literature order fulfillment: Sandi, fulfillment@workaholics-anonymous.org

Communications: Debra, communications@workaholics-anonymous.org

Meeting and WSR assistance: Bob, wrsupport@workaholics-anonymous.org

Technology: Dena techcommittee@workaholics-anonymous.org

--Thank you for YOUR service!

--Lisa F

CONTACT INFORMATION: EMAIL WAWSO

For any Program issue, concern, initiative, suggestion, etc.:

Bill H. facilitator@workaholics-anonymous.org

Sara N. secretary@workaholics-anonymous.org

Drew D. treasurer@workaholics-anonymous.org

For general information: communications@workaholics-anonymous.org

For meeting and WSR assistance: Bob wrsupport@workaholics-anonymous.org

For WA Literature volunteers or corrections: Lia literature@workaholics-anonymous.org

For eNewsletter and Outreach: JC outreach@workaholics-anonymous.org

For STORYLINE: Shelley storyline@workaholics-anonymous.org

For Meditation Book: MeditationBook@workaholics-anonymous.org

For literature ordering questions: Sandi fulfillment@workaholics-anonymous.org

For technology matters: Dena technology@workaholics-anonymous.org

General mailbox: wso@workaholics-anonymous.org

EDITOR'S COMMENTARY

Storyline is the quarterly newsletter of Workaholics Anonymous, published in order to share our experience, strength and hope with each other, and to announce information about our fellowship. We welcome shares, stories, commentaries, quotes, and poems: anything original that we can reproduce. Please submit what you have to share and encourage others to do so as well. Send us your own work, and if you see something you like in your email group written by someone else, please secure permission from the author and send it in or include their email address so we can secure their permission.

We are grateful for the generosity of the members of the email group Finding Balance, for their allowing us to reprint their shares. Note that some members made a specific request for help or asked a question, while others answered those requests and questions. Feel free to join the discussion on STORYLINE, and share your own WA experiences and your experience, strength and hope. Send contributions for to: storyline@workaholics-anonymous.org, with STORYLINE in the subject line. STORYLINE depends on all of us!

-Shelley, Chicago

ANNOUNCEMENT AND INVITATION: NEW MEDITATION BOOK

The W.A.W.S.O. Literature Committee is creating a meditations book. We would like all the meditations to come from the fellowship, so . . . **We need your help!**

All members are welcome to write and submit meditations for publication. These can be submitted individually, or as a group. Consider having a writing play day for your home group. Not only would this activity provide opportunities for reflection and meditation, but it would also allow group members to make contributions to a book that will serve the needs of the whole fellowship.

A suggested meeting format for writing meditations is available at the WA website. For more details about submitting meditations, please visit: <http://www.workaholics-anonymous.org/page.php?page=bookofmeditations>

Also, a suggested meeting format for writing meditations is available at the WA website at: <http://www.workaholics-anonymous.org/pdf/MeetingTypes.pdf>

We look forward to receiving your meditations!!
Have fun with us!!

Your trusted servants,
W.A.W.S.O. Literature Committee

STORYLINE: OUR MISSION

- To produce a quarterly publication of news about WA in a way that serves as an example of balance between service and our program.
- To provide a space for people of the fellowship to share their experience, strength and hope with the broader membership.
- To provide real stories from real people to those in our fellowship who do not have access to a local meeting.
- To bridge the gap between the fellowship and the WA Board, and aid in replenishing the Board with new members as the trustees' terms run out.

STORY LINE invites WA members to share their experience, strength and hope with the WA fellowship around the world. Each of us has something to share that can help another workaholic to abstain from compulsive working. Please send your submittals by email to: **storyline@workaholics-anonymous.org**, with **SL** in the SUBJECT LINE. Include your contact information and please also let us know if we can include your first name as author. Your contribution will make this publication more alive, while improving your recovery by helping others.

Note that materials submitted are assumed to be intended for publication, and are subject to editing to provide clarity and conformity for the newsletter. They become the property of WAWSO, which reserves the right to publish them in any format in any Workaholics Anonymous literature. The tentative deadline for submissions for our SEP OCT NOV issue is: August 15, 2017.

Workaholics Anonymous World Service Organization

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