

Twelve Steps

1. We admitted we were powerless over work—that our lives had become unmanageable.
2. Came to believe that 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 we 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 the friends and family of workaholics, and to practice these principles in all our affairs.



Join Us

Work-Anon has but one purpose: to help families, friends, and co-workers of workaholics. We do this by practicing the Twelve Steps and Twelve Traditions of Work-Anon.

Through calling into our phone meetings and using the key practices, we hear the experience, strength, and hope of others recovering from the effects of work addiction in the family or workplace. We believe that work addiction is a family illness and that changed attitudes can aid recovery.

Work-Anon World Service Organization

*Vibrant Recovery and Fellowship With
Phone and Online Meetings*

www.workanon.org
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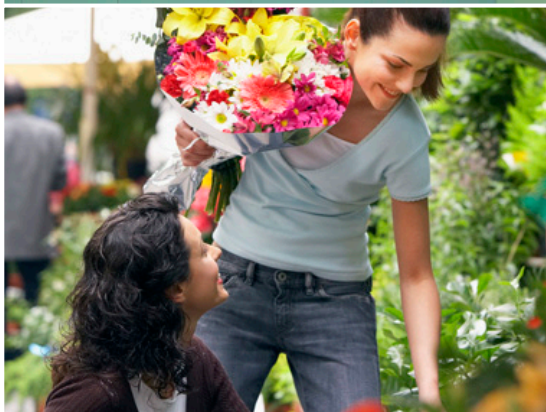
Work-Anon

Key Practices

**In Our Program of Recovery
For Friends, Families, & Co-workers
of Workaholics**

Serenity and Recovery

We regain our inner balance through working the Twelve Steps and connecting with other recovering Work-Anons. Through deepening in our recovery, we are released from painful self-defeating patterns, including self-abandonment and neglect, chronic feelings of insufficiency and inadequacy, compulsive perfectionism and rescuing, and trying to please or control others. Our lives in recovery blossom with inner strength, conscious contact, wisdom, detachment, self-valuing, fun, and program friendships. Our interests and energy expand.... Welcome home to Work-Anon.



Key Practices of Work-Anon Recovery

Working the Steps *Through individual and group self-study & writing, we learn about the roots and alternatives to intergenerational patterns of pain and the possibilities of amending our behavior, attitudes, and feelings with ourselves and others. Conscious contact awakens us. We uncover hidden assets and new ways of being.*

Meetings *Attending meetings helps us prioritize our own recovery. We learn from and stay in touch with others and share our growth.*

Self-Care *In Work-Anon recovery, we learn to establish new habits of self-nurture, exercise, rest, and renewal.*

Writing *We write in our recovery journals to cultivate habits of gratitude, attention, and focusing on the solution.*

Detaching With Love *We learn to detach with love from the workaholic's demands, judgments, & behavior. We no longer cover or enable. We discover choices and set healthy boundaries.*

Meditation *Inner quiet increases conscious contact.*

Bringing the Focus Back to Ourselves *By bringing the focus back to ourselves, we return to our source of power and clarity, the ground of our being. We are strengthened by focusing on what we can effect instead of being distracted by trying to control things we cannot.*

Healing Our Inner Selves *For those who experienced neglectful, abusive or judgmental childhoods, attending to our "inner child" relieves chronic, self-defeating patterns and releases energy and vitality.*

Cultivating Our Own Health and Joy *Recovery releases us from living inside the disease. We discover hidden talents and interests. We learn to cultivate our own health and joy. By working the Steps, we learn to live as deeper wisdom guides us. We are revitalized & come alive.*

Service *We provide service to continue to learn and enhance our recovery. Only through helping others can we keep the gifts that recovery brings.*

Program Literature *Our spirits are renewed and new habits affirmed by reading program literature.*