

Workaholics Anonymous

Steps to Recovery

In addition to the 12 Steps of Alcoholics Anonymous, we also recommend what we call "Steps to Recovery," which are tools we use to continue our growth within Workaholics Anonymous. These are:

1. Attending meetings as often as possible.
2. Look at our Powerlessness and Unmanageability over our Workaholism by completing a written 1st Step and sharing it with our group.
3. Do an Activity and Work Inventory - a thorough listing of all of our work activity, volunteer work, favors for friends, etc., community involvement, 12 Step program service, errands, family responsibilities and so on, to get Honest about the extent of our disease in its many different forms.
4. Do a Family Tree - a diagram of Workaholism in our families, including brothers, sisters, parents, aunts, uncles, grandparents, etc., including exhaustion, collapse (emotional or physical), career burnout, stress related diseases (such as ulcers, chronic pain or migraines, high blood pressure, heart attack, etc.), and emotional or physical abandonment/neglect of children due to Workaholism.
5. Take a careful look at our own physical health, especially focusing on the consequences of stress, anxiety and burn-out. What toll exactly is Workaholism having on our body. Do you smoke? Or sometimes substitute caffeine and sugar for healthy meal because there's "not enough time?"
6. Read books, including the Big Book of Alcoholics Anonymous, "Home Away From Home," by Janet Woititz and the book on societal Workaholism by Anne Wilson Schaefer as well as books on Depression, Burnout and Stress.
7. Define your Recovery. How well do you budget your resources? Including Time, Money and Physical Energy. Do you have the ability to say "NO" to demands of the work place, friends and family? The Alcoholic knows that if he/she didn't drink today, they are sober. How do you define and measure your Recovery in Workaholics Anonymous? This may include a Workplan and Spending Plan that allow time and money for self-nurturing.

The WART (Work Addiction Risk Test)

Read each of the 25 statements below and decide how much each one pertains to you. Using the rating scale of 1 (never true); 2 (seldom true); 3 (often true); and 4 (always true), put the number that best fits you in the blank beside each statement.

- _____ 1. I prefer to do most things myself rather than ask for help.
- _____ 2. I get impatient when I have to wait for someone else or when something takes too long, such as long, slow-moving lines.
- _____ 3. I seem to be in a hurry and racing against the clock.
- _____ 4. I get irritated when I am interrupted while I am in the middle of something.
- _____ 5. I stay busy and keep many "irons in the fire."
- _____ 6. I find myself doing two or three things at one time, such as eating lunch or writing a memo, while talking on the telephone.
- _____ 7. I overly commit myself by biting off more than I can chew.
- _____ 8. I feel guilty when I am not working on something.
- _____ 9. It is important that I see the concrete results of what I do.
- _____ 10. I am more interested in the final result of my work than in the process.
- _____ 11. Things just never seem to move fast enough or get done fast enough for me.
- _____ 12. I lose my temper when things don't go my way or work out to suit me.
- _____ 13. I ask the same question over again, without realizing it, after I've already been given the answer once.
- _____ 14. I spend a lot of time mentally planning and thinking about future events while tuning out the here and now.
- _____ 15. I find myself continuing to work after my co-workers have called it quits.
- _____ 16. I get angry when people don't meet my standards of perfection.
- _____ 17. I get upset when I am in situations where I cannot be in control.
- _____ 18. I tend to put myself under pressure with self-imposed deadlines when I work.

_____ 19. It is hard for me to relax when I'm not working.

_____ 20. I spend more time working than on socializing with friends, on hobbies or on leisure activities.

_____ 21. I dive into projects to get a head start before all the phases have been finalized.

_____ 22. I get upset with myself for making even the smallest mistake.

_____ 23. I put more thought, time and energy into my work than I do into my relationships with my spouse (or lover) and family.

_____ 24. I forget, ignore or minimize important family celebrations such as birthdays, reunions, anniversaries or holidays.

_____ 25. I make important decisions before I have all the facts and have a chance to think them through thoroughly.

Score

25-54: Low Risk

55-69: Somewhat dependent on your work for something that you are not getting in other areas of your life.

70-100: You are highly work addicted

Author - Bryan E. Robinson of Work Addiction