

**Media Free Friday Evening  
Sharing Meeting of Media Addicts Anonymous  
Friday from 6:30pm to 7:00pm EST and Fellowship Time  
Zoom ID: 881 6683 9368 Passcode: 987162**

**Moderator:** Please come in at least 10 minutes before the start of the meeting. Use the Host Key to “Claim Host” (under Participants) and assign a co-host before the start of the meeting. See the section below titled “Reading.” It is your responsibility to have a reading prepared for this meeting. You may either screen share this reading during the meeting and/or copy and paste the reading text in the chat for participants. You may need to paste this text in the chat a second time for late arrivals to the meeting.

**Greeting:** Welcome to this open Media Free Friday Evening meeting of Media Addicts Anonymous. My name is \_\_\_(name)\_\_\_, and I am a recovering member of MAA. I will be your moderator for today. At any time during the meeting, you may press unmute to speak, but please keep yourself muted at all other times.

**Serenity Prayer:** Please feel free to un-mute yourself and join me in saying the "We Version" of the Serenity Prayer:

*God, grant US the serenity  
to accept the things WE cannot change,  
courage to change the things WE can,  
and the wisdom to know the difference.*

**Preamble:** Media Addicts Anonymous is an international fellowship of individuals who, through shared experience, strength, and hope, come together to find relief and recovery from media addiction. We welcome everyone who wants to stop using media compulsively.

There are no dues or fees for membership; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. MAA as a whole is not affiliated with any public or private organization. We have no opinions on outside issues, especially those concerning media. We neither endorse nor oppose any causes, political views, ideology, or religious doctrine.

We support all forms of media sobriety, including abstinence from electronic media, films, radio, newspapers, magazines, books, and music. We use AA's 12 Steps and 12 Traditions as adapted for Media Addicts Anonymous as our program of recovery and utilize the tools of MAA to clarify compulsive, obsessive, or destructive media-related behaviors and to develop strategies to improve our general quality of life. Our primary purpose is to abstain from personal addictive media one day at a time and to carry the message of recovery to other media addicts who still suffer.

**Welcome Newcomers:** We extend a special welcome to newcomers. Are there any newcomers to this meeting? If so, please feel free to un-mute yourself and tell us your name and location, so we can welcome you. (*Pause and wait for newcomers to respond*) We are glad you are here! We suggest you attend at least six meetings so that you have time to identify with the speakers and learn more about our program. Every Friday, except for the last Friday of the month when we have our business meeting, we have up to 20 minutes of fellowship time after the close of the meeting when we will greet newcomers informally and answer any questions you may have; everyone is invited!

### **Reading:**

**Moderator:** You will be sharing a reading with the group. Please pick from ONE of FOUR “Reading Options” — the first of which is immediately below (and the other 3 reading options are at the bottom of the script). You can do the reading yourself or share your screen and ask for a volunteer to read.

### **READING OPTION 1 Daily Reflection...**

Choose a daily reflection from <https://www.jftna.org/jft/index.php> or <https://www.aa.org/pages/en/daily-reflection> or another 12 step Daily Reflections book.

**Moderator:** After reading the selected choice, and pasting the text into the chat for meeting participants, you may proceed with the script as follows:

**Timekeeper:** Who will be our timekeeper for today? \_\_\_(wait for volunteer)\_\_\_; Thank you!

**Open Sharing:** If you want to share, please clearly raise your hand in the screen and wait to be called, then unmute yourself. Please tell us your name and, if you're comfortable, your location.

We ask members to focus their shares on the symptoms of their addiction and the tools of recovery from media. We do not engage in crosstalk, which we define as interrupting, directly addressing another speaker, commenting on someone else's share, giving advice, or making suggestions. Please do not mention media titles or specific content of our addictive media.

Please limit your share to \_\_\_ minutes. (*Share time is at the discretion of leader. 2 minute shares if meeting is 12 people or larger. 3 minute shares for smaller meetings.*)

**Read if shares are 3 minutes:**

Timekeeper, will you please let the person sharing know when two minutes are up and again at three minutes. Those who share: please acknowledge the timekeeper's

warning at 2 minutes by saying, "Thank you," and at 3 minutes, please wrap up quickly. Who would like to speak?

**Read if shares are 2 minutes:**

Timekeeper, will you please let the person sharing know when one minute is up and again at two minutes. Those who share: please acknowledge the timekeeper's warning after 1 minute by saying, "Thank you," and at 2 minutes, please wrap up quickly. Who would like to speak?

**Wrap Up at 27 minutes (6:57pm ET):**

That's all the time we have for sharing today. If you did not have a chance to share at this portion of the meeting, you can share during the fellowship time after we close.

Who is willing to host the fellowship time? (When you get a volunteer, make this person HOST.) Note: If you do NOT make this person HOST (not just co-HOST, you will not be able to leave the meeting early without shutting down the meeting for all.)

**Seventh Tradition:**

It is now time for the 7th Tradition. MAA has no dues or fees. We are self-supporting through our own contributions, which are for the development of MAA literature, costs incurred by the MAA General Service Board, and the maintenance of our website at [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org). Contributions can be made via Debit Card, Credit Card, or PayPal on the MAA website by clicking the Donate button. Please give what you can, and if you can give nothing at this time, keep coming back because you are more important than your money.

If you want to share your contact information in the chat for outreach, you may do so now. The chat can be saved on your computer or phone if you go to the 3 dots in the corner.

**Announcements** This group holds its business meeting the last Friday of the month following the close of the meeting. The next business meeting will be held on Friday, (insert month and date). If you are interested in being a meeting leader for the month of (insert next month), please attend our business meeting or contact me or another meeting leader after the meeting.

Are there any other announcements? (Wait for response)

**Closing:** In closing, the opinions expressed here today are strictly those of the individuals who gave them. The things we have heard here are spoken in confidence and should be treated as confidential. Let us talk to each other, reason things out with someone else, and let there be no gossip or criticism of one another, but only Love, Understanding, and Fellowship.

**Closing Prayer:** Please feel free to un-mute yourself and join me in saying the "We Version" of the Serenity Prayer:

*God, grant US the serenity  
to accept the things WE cannot change,  
courage to change the things WE can,  
and the wisdom to know the difference.*

Thank you everyone for a great meeting!

**\*\*Note: If you do NOT make the Newcomer Greeter a Zoom HOST (not just co-HOST, you will not be able to leave the meeting early without shutting down the meeting for all.)**

(Fellowship / Newcomer time typically ends after 20 minutes. At the discretion of the Newcomer Greeter, this time may be extended.)

## **ALTERNATE READING OPTIONS -**

### **READING OPTION 2 The Step 9 Promises:**

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations, which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.  
(Pass)

### **READING OPTION 3: The Signs and Symptoms of Media Addiction**

1. Dissatisfaction with life— We depend on media for relief from our pain and problems. Media is our main source of relaxation, recreation, reward and relationship and we feel bored and empty when not using.
2. Time irreverence— Electronic media distract us from our goals as it takes priority over everything else. When bingeing or grazing we lose track of time and forget what is important.
3. Exhibiting risky behavior—We endanger our life or other people’s lives to get our media fix. We may drive while sending text messages, overeat while bingeing on TV or deprive ourselves of sleep while gaming.
4. Mental obsession— We are preoccupied with the news, social media etc., and so we want our devices with us at all times. We have fear-of-missing-out.
5. Isolation— We prefer to stay indoors on media rather than outdoors in nature or socializing. Even in the company of others we don’t interact but lose ourselves in our devices, which makes us feel lonely and remorseful.
6. Compare and despair—Through our media use we compare ourselves with others and may create an online persona we think people will like and respect. Unable to live up to this ideal version of ourselves we end up in despair.
7. Avoidance of work and inability to plan and prioritize tasks— Because we use our time to be on media we procrastinate on necessary tasks and thus jeopardize the success of our education, work etc. Poor time management may lead to a crisis, often followed by a new binge.
8. Obsession with fantasy—Our need for romance and sex is increasingly satisfied through fantasy, as presented by media. We lose the ability to have real relationships because of unrealistic expectations. We become dissatisfied, feel disconnected and lonely.
9. Depression, shame, and dishonesty—Depressed and ashamed we lie about our media consumption. We tell ourselves we want to change our lives, but we don't know how to live without our electronic media. Some of us have suicidal thoughts.

10. Disconnection from our bodies and nature—We fail to meet our basic needs for rest, sleep, exercise, good nutrition, etc. We avoid the natural world and do not fully enjoy our senses.
11. Withdrawal and inability to stop—When we stop using media, we experience withdrawal symptoms such as cravings and agitation. We can't stay stopped and after giving in to our alcoholic media, we find it even harder to try to stop again.
12. Physical ailments—Our prolonged media use leads to backache, neck pain, headaches, disturbed sleep, carpal tunnel syndrome, as well as problems with our vision. (Pass)

#### **READING OPTION 4: The Twelve Tools of Media Addicts Anonymous**

1. Meetings—Meetings are a place we learn about our addiction. We stop isolating and gather with others who want to recover from media addiction.
2. Sponsorship—A sponsor is a media-sober member of MAA who has taken all Twelve Steps and is living the Steps and Traditions to the best of their ability. We ask a sponsor to guide us through the Twelve Steps of Recovery and help us create and use our media sobriety plan.
3. Media Awareness and Trigger Identification—We work closely with our sponsor to discover what behaviors trigger the “phenomenon of craving”. These are the things that cause us to be out of control and compulsively use electronic media.
4. Media Fasting—We recommend fasting from any unnecessary media for a period of time. This helps us see our compulsion more clearly, start to break the cycle, and connect to ourselves and others in deeper and healthier ways.
5. Media Sobriety Plan—We make A “Media Sobriety Plan” to help us define what, when, how, where, and why we use our devices.
6. Media Replacement Plan—We make a Media Replacement Plan so that we will have enjoyable and healthy activities to replace media.
7. Media Withdrawal Plan—We make a Media Withdrawal Plan to help us cope with the moodiness, anxiety, boredom and agitation etc that we may feel when we stop using media. "Sobriety Action Partners," "Sobriety Action Meetings,"

out-reach calls, tracking urges and asking Higher Power to remove the obsession are a few of the strategies we include.

8. Daily Body Care Awareness and Adequate Sleep— We set a media curfew for ourselves and a regular bedtime, and we try to keep electronic media out of the bedroom. During the day we eat nourishing food and getting proper exercise and fresh air.
9. Meditation—We regularly take time to meditate, to feed our spirits in ways that electronic media never could.
- 10.Literature—We read the Big Book of Alcoholics Anonymous and other Twelve Step literature to reinforce our understanding of addiction and how to recover.
- 11.Writing—We write daily to help us gain a wider perspective on our difficulties and our disease.
- 12.Service—Carrying the message to the media addict who still suffers is the basic purpose of our Fellowship. Any form of service, no matter how small, which helps reach a fellow sufferer adds to the quality of our own recovery.  
(Pass)

## BUSINESS MEETING FORMAT FOR MAA Media Free Friday MEETING Friday 6:30 pm

All say the Serenity Prayer •

Ask for a timekeeper •

Chair announces that the meeting duration is 20 minutes with the possibility of two five-minute extensions and asks the time-keeper to give notice when nearing the time limit.  
Procedures:

MAA Business Meetings follow parliamentary procedures outlined in Robert's Rules of Order.

Some basic procedures are:

When new motions are made, they must be seconded, then followed with discussion. The chair then calls for a vote ("calls the question"). If someone other than the chair calls the question, this must be voted on before the motion itself is voted on. A motion to adjourn the meeting, if seconded, must be voted on immediately, without discussion. Voting in this MAA meeting is conducted like this: When the chair asks "All in favor?", participants reply one at a time, adding the consecutive-order number of their vote, i.e., "Yea – one", "Yea - two", etc. Similarly, when the chair asks "All opposed?", participants reply one a time adding the consecutive-order number of their vote, i.e., "Nay – one", "Nay - two", etc. Alternatively, voters speak their own first names rather than the number.

• Reports:

Secretary's minutes of the previous meeting  
Other reports

• Filling of Service Positions (use positions sheet)

1. Monthly meeting moderator; chair will book moderators for RRR meetings on Tuesday-Friday( one month position)
3. Business Meeting Chair (3 month position)
4. Business Meeting Secretary (3 month position)
5. Contact person listed on MAA website- ( 1 year position)
6. GSR (1 year position if and when it becomes applicable)

• Old Business (anything left unresolved in the previous meeting)

• New Business

• Adjournment

• All say the Serenity Prayer