

Relax, Reflect and Recover

Sharing Meeting of Media Addicts Anonymous

Tuesday to Friday from 2:30pm to 3:00pm EST and Fellowship Time

Zoom ID: 881 6683 9368 – Passcode: 987162

Meeting leader, please come in at least five minutes early to set up for the meeting. Assign a co-host before the start of the meeting.

Greeting: Welcome to this open *Relax, Reflect and Recover* meeting of Media Addicts Anonymous. My name is _____ 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 unmute yourself and will all who care to, 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 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; we use the MAA tools to clarify compulsive, obsessive, or destructive media-related behaviours 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? Please unmute and introduce yourself by telling us your first name and location, so we may welcome you. **(Pause and wait for newcomers to respond.)** It is suggested you attend at least six meetings, so you have time to identify with the speakers, begin to absorb the concepts, and learn more about the MAA program.

After the close of this meeting, we will have the possibility of fellowship time when we greet our newcomers informally; everyone is invited!

Reading

Moderator. Please pick from ONE of the following readings (3 other reading options are at the end of the script). You can do the reading yourself or share your screen and ask for a volunteer to read the following:

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

Timekeeper: Who will be our timekeeper for today? **(Wait for a volunteer)** Thank you, _____!

Open Sharing: If you want to share, please clearly raise your hand on the screen, or use the digital option for raising your hand under *reactions*. Before speaking, please wait to be called on, then unmute yourself. Please tell us your first name and, if you're comfortable, your location.

We ask members to focus their shares on the symptoms of their addiction and the MAA 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 note, we 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. It's suggested to have two-minute shares if the meeting is 12 people or more and three-minute shares for smaller meetings.)

Read if the shares will be three minutes:

Timekeeper, will you please let the person sharing know when two minutes are up by raising a finger and then saying "times up" at three minutes? Those who share, please acknowledge the timekeeper's visible or verbal warning at two minutes by saying, "Thank you," and at three minutes, please wrap up quickly. Who would like to speak?

Read if the shares will be two minutes:

Timekeeper, will you please let the person sharing know when one minute is up by raising a finger and then saying "times up" at two minutes? Those who share, please acknowledge the timekeeper at one minute by saying, "Thank you," and at two minutes, please wrap up quickly. Who would like to speak?

Wrap Up at 27 minutes:

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 would be willing to host the fellowship time? (When you get a volunteer, **be sure to 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 and announcements. MAA has no dues or

fees. We are self-supporting through our own contributions. Contributions can be made via PayPal on the MAA website. 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.

Announcements: This group holds its business meeting on the third Tuesday of the month following the close of the meeting. The next business meeting will be held on Tuesday (**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 MAA-related announcements? (**Wait for response.**)

Closing: In closing, the opinions expressed here today are strictly those of the individuals who gave them. What we have heard here has been 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 unmute yourself and will all who care to 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 assign a new HOST (not just co-HOST), you will not be able to leave the meeting early without shutting down the meeting for all.

(Fellowship/Newcomer Meeting ends at latest 15 minutes after the end.)

MAA BUSINESS MEETING FORMAT

On the third Tuesday of the month, use this business meeting format for MAA *Relax, Reflect, Recover* meeting which gathers regularly Tuesday-Friday 2:30-3:00 pm (EST).

All say the “WE version” of 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 timekeeper 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 (1-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 when it becomes applicable)

- Old Business (anything left unresolved from the previous meeting)
 - New Business
 - Adjournment
 - All say the WE version of the Serenity Prayer
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ALTERNATIVE READINGS:

READING OPTION TWO: The 9th Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway 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.

READING OPTION THREE: 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 behaviour** — 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 a *fear-of-missing-out*.
5. **Isolation** — We prefer to stay indoors on media rather than outdoors in nature or socialising. 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 to 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 an inability to plan and prioritise tasks** — Because we use our time to be on media, we procrastinate on necessary tasks and thus jeopardise 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 an 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.

READING OPTION FOUR: 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 behaviours 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.

