

- **Instructions for Group Sponsors:**
 - Read all notes in red before the meeting. These are extra instructions and decisions for you to make.
 - Please read the script before the meeting so you know what will happen. This will help the meeting go smoothly.
 - Claim the Zoom Host role. This lets you mute or remove anyone who is disruptive.
 - Make sure everyone has their camera on before you start the Commitment Meeting.
 - Start sharing your screen with this document at the beginning of the meeting.
 - Ask one Group Sponsor to keep track of time.
 - Ask one Group Sponsor to put all member names in the Zoom chat.
 - **If you have more than two Group Sponsors:**
 - Use A and B as bullet points, just like the members do when reading.
 - Put the Group Sponsors' names in the chat, so everyone knows the reading order.
 - Keep the meeting moving and encourage members to keep up.
-

MAA CLOSED BACK TO BASICS STEP ACTION GROUP

COMMITMENT MEETING FORMAT

[In the first half of the meeting, the 2nd, 3rd, and 4th months will read the bulleted paragraphs. Put names in the chat before the meeting begins.]

A

Welcome and Introduction

Welcome to the Commitment Meeting for MAA's Back to Basics Step Study Action Group.

Let us introduce ourselves.

[Group Sponsors raise virtual hands and introduce themselves]

As Group Sponsors, we are not cured, but we are living in recovery—proof that transformation is possible. This group is a sacred space, set aside for one month, where we walk the Steps together and support each other's journey to recovery.

For the next 90 minutes, we invite you to set aside all non-essential tech, media, and distractions. Give yourself the gift of presence. Allow yourself to listen deeply, to share honestly, and to open your heart to the possibility of media freedom and neutrality.

Let us begin with the “we” version of the Serenity Prayer:

***Higher Power, grant us the serenity to accept the things we cannot change,
courage to change the things we can, and wisdom to know the difference.***

Thank you for choosing to be here. Whether you are new or returning, your presence matters. Together, we can create a container where true healing and transformation can happen.

B

Today's Agenda

Here is how this meeting will unfold:

1. We will explore the models of media addiction through the lens of the Big Book.
2. Group Sponsors will share their experiences of recovery in Back to Basics.
3. Members in their 2nd, 3rd, or 4th month will share what they have learned so far.
4. Newcomers will be invited to share what brings them here and what they hope to gain from Back to Basics.
5. We will read the Back-to-Basics Commitments together.
6. There will be time for questions and discussion.
7. Those ready to commit will join us in this liberating agreement of support and accountability.

May this meeting be a doorway to new beginnings, deeper connection, and the gentle unfolding of your own recovery journey.

We've put the names of last month's members in the chat. When it's your turn, please read your assigned bullet point. Perspective new members, just listen and follow along.

A

What is Back to Basics?

Back to Basics is a step study and action group. We call it an "action group" because we take the Steps together. This isn't a program for people who need it, or even for people who want it—it's a program for people who DO it. Back to Basics is a hands-on workshop that guides us through the *Big Book of Alcoholics Anonymous*, our guide and our tried and true solution to media addiction. It is our workbook, not just a textbook. Today, we'll quote from the Big Book as we explore solutions for media addiction. For our specific purposes, we will be replacing alcohol with media terms and using third-person singular pronouns.

B

Two Models for Media Addiction

There are two models for understanding media addiction: 1) the Cognitive Behavioral Model and 2) the Addiction Model. The Cognitive Behavioral model focuses on changing behaviors, where the solution involves finding ways to modify your habits. If you are a moderate media user, this model may work for you. Even heavy users can benefit from behavior modification. Concerning the moderate user, the Big Book says:

- "Moderate users have little trouble in giving up addictive media or tech entirely if they have a good reason for it. They can take it or leave it alone. Then we have a certain type of compulsive media user. They may have the habit badly enough to gradually impair themselves physically and mentally If a sufficiently strong reason—ill health, falling in love, change of environment, or the warning of a doctor—becomes operative, this individual can also stop or moderate, although they may find it difficult and troublesome"

A

The Real Media Addict

The Cognitive Behavioral model will often work for this type of moderate tech and media user. But there is another type of user for whom behavior modification has little to no effect. This is **the media addict of the hopeless variety**. The Big Book authors write:

- "But what about the real media addict? They may start off as a moderate user; they may or may not become a continuous compulsive user, but at some stage in their media usage career, they begin to lose all control of their media consumption, once they start to binge on it. Here is [the person] who has been puzzling you, especially in [their] lack of control. They are seldom mildly drunk with media."
- "They are always more or less insanely drunk. Their disposition while using media resembles their normal nature, but a little. They may be one of the finest people in the world. Yet let them binge-watch for a day, and they frequently become disgustingly, and even dangerously, antisocial. They have a positive genius for getting media drunk at exactly the wrong moment, particularly when some important decision must be made or engagement kept. They are often perfectly sensible and well-balanced concerning everything except their addictive media, but in that respect, they are incredibly dishonest and selfish."
- "They often possess special abilities, skills, and aptitudes, and have a promising career ahead of them. They use their gifts to build up a bright outlook for their family and themselves, and then pull the structure down on their heads by a senseless series of sprees. They are individuals who go to bed so intoxicated on media and tech that they ought to sleep the clock around. Yet early next morning, they searched madly for their smartphones that they had misplaced the night before."

This type of media addict certainly had us baffled. We couldn't understand why, despite our best intentions and repeated efforts to cut back or quit, we kept losing all control once we started using media. Unlike moderate users, we found ourselves returning to compulsive patterns again and again, even when we knew it was harming our lives and relationships.

B

Media Addiction Affects the Brain and Body Like Drugs and Alcohol

Research shows that media addiction actually changes the structure and function of the brain, much like other substance addictions. Researcher Dr. Christina Gregory reports:

- "Evidence suggests that if you are suffering from media and tech addiction, your brain makeup is similar to those who suffer from a chemical dependency, such as drugs or alcohol. Interestingly, some studies link media addiction to physically changing the brain structure, specifically affecting the amount of gray and white matter in regions of the prefrontal cortex. This area of the brain is associated with remembering details, attention, planning, and prioritizing tasks. ... One of the causes of media addiction is structural changes to the prefrontal region of the brain, rendering you unable to prioritize your life. That is, the Internet [and/or media] takes precedence over necessary life tasks."

Dr. Gregory's research makes it clear: media addiction is not just a bad habit—it's a physical disease, like alcoholism or drug addiction. Media acts as a mind-and mood-altering substance, deeply impacting the brain's chemistry and functioning. She explains:

- "Media addiction, in addition to other dependency disorders, seems to affect the pleasure center of the brain. The addictive behavior triggers a release of dopamine to promote the

pleasurable experience, activating the release of this chemical. Over time, more and more of the activity is needed to induce the same pleasurable response, creating a dependency. For instance, if you find online gaming or online shopping a pleasurable activity and you suffer from an addiction to the Internet, you will need to engage in more and more of the behavior to institute the same pleasurable feeling prior to your dependency."

In other words, media addiction rewires the brain's reward system, making us crave more screen time just to feel normal. This is the same process seen in substance addiction, where tolerance builds and compulsion takes over. The result is a dependency that is physical, mental, and emotional, requiring real recovery, not just willpower.

A

Media: Our Drug of Choice

For many of us, media isn't just a habit—it's a drug we use to change how we feel. When we're not using, we often feel restless, irritable, or dissatisfied, and tech/media seems to offer the relief or stimulation we're missing. This craving for the effect media gives us keeps us coming back, even when we know it's causing problems.

The Big Book's "Doctor's Opinion" explains why we keep returning—not just for the activity, but for **the effect**:

- "People use *tech and media* essentially because they like the **effect** produced by them. The sensation is so elusive that, while they admit it is injurious, they cannot, after a time, differentiate the true from the false. To them, their *media addicted* life seems the only normal one. They are restless, irritable, and discontented, unless they can again experience the sense of ease and comfort which comes at once *by playing a few video games, streaming movies and TV shows, scrolling social media, or enjoying some online shopping*, which they see others doing with impunity."

What we are really craving is "the **effect**." Our "alcoholic" media gave us the feeling we wanted, but after our fill, we were left scared by the craving for more.

- "After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to get *drunk on media* again."

On page 24 of the Big Book, the authors write:

- "The fact is that most *media addicts*, for reasons yet obscure, have lost the power of choice to use *media/tech*. Our so-called willpower becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first *click*."

B

This passage captures the essence of our struggle: many of us have lost the ability to choose whether we use media or not. **We are without defense against the first click.** That's why Back to Basics exists—to help members escape this cycle.

Each meeting is led by two or more Group Sponsors—recovered members of MAA—who keep our meetings safe, focused, and our group strong. As your Group Sponsors, we welcome all who wish to do this work with us and invite you to support one another as we create a purposeful and supportive environment together.

A

Why a Committed Media Fast Group?

Someone once said, “There are some games you only get to play if you are ALL IN.” Recovery is one of them. Our experience with media addiction has shown us that “half-measures availed us nothing.”

For alcoholics or drug addicts, the consequences of using their substances are often obvious and severe—jail, institutions, or worse. As media addicts, we rarely face such dramatic consequences. It’s easy to hide in the belief that we’re not hurting anyone, especially since “everyone else is doing it.” But deep down, we know we’re harming our lives and our souls.

B

Media Addiction: A Serious Threat

The dangers of media addiction may seem less severe than those of drugs or alcohol, but they are no less real. Think of the accidents caused by distracted driving, or the long-term effects of endless screen time on our minds and bodies. Obesity, depression, anxiety, and even suicidal thoughts can all be linked to chronic, compulsive media use.

While we may not be dying today, media addiction can slowly erode our health and spirit like death by a thousand cuts. Most addicts tell themselves they’ll stop tomorrow, or get control “someday.” But the truth is, a *real media addict* can’t stop on their own. We need accountability.

A

Fasting: The Easier, Softer Way

That’s why Back to Basics is a committed, closed group. We ask every member to fast from all unnecessary media. There is real power when everyone in the group shares a single intention and commits to living it out. Together, we face this addiction head-on.

We don’t give up all media—only what is not necessary for work, school, family, or recovery. We do this for three reasons: [\[Reader read all 3\]](#)

- Media and technology are seductive and easy to rationalize.
- If we stop using one kind of media, we often transfer our compulsion to another.
- To work the 12 Steps honestly, we need a clear mind, not one secretly “drunk on media.”

We fast from anything unnecessary so that we can achieve media neutrality, gain clarity as we work the Steps, and have the opportunity for a life-enhancing transformation.

B

A New Way to Live

At first, most of us didn’t want to admit how deeply media and technology had affected our lives. We used media for relief, relaxation, reward, and as a substitute for real relationships. As we work the 12 Steps together, we’ll discover new ways to find relief, joy, and connection—without hiding behind a screen. We’ll learn to live on this side of the screen, together.

A

This process is an adventure. Who are you without your media? What would life look like if you stopped hiding in media and stopped using it as a substitute for real relationships? What new possibilities could open up? Most of us didn’t feel ready for this kind of adventure at first. We just showed up, one day at a time, and kept our commitments to the group and ourselves. Over time,

we got better at fasting from unnecessary media. More importantly, we discovered a new way of living that brought us more joy and fulfillment than media or tech ever could.

B

One Month at a Time

We begin with a one-month commitment: fast from all unnecessary media, attend all daily group meetings, complete writing assignments, and take the 12 Steps with a sponsor as best we can. The full Back-to-Basics program is 90 days, where we go through all Twelve Steps three times, each time uncovering new layers of resistance and healing. Each month, we explore different parts of ourselves, especially the coping mechanisms that led to and fed our media addiction.

A

Growth and Fellowship Week

We commit one month—and one day—at a time, so the process stays manageable. After each month, we have a *Growth and Fellowship Week*, where we focus on deepening our understanding and effectiveness in the Steps and with each other. During this week, we continue our media fast, complete assignments, and stay connected through outreach and daily practices. This time helps us grow together and strengthens our confidence in staying sober, both in and outside the group container.

B

GROUP SPONSOR QUALIFICATIONS

As your Group Sponsors, we will now qualify based on our experience of going through the Back-to-Basics program.

[Time to be determined by the GS.] [Stop screen sharing]

RETURNING MEMBER QUALIFICATIONS

We will now ask returning members to share their experience going through Back-to-Basics, what they've learned, and why they are back for another session.

[Time to be determined by the GS.] [Stop screen sharing]

Thank you all for sharing your experience, strength, and hope.

NEW MEMBER QUALIFICATIONS

We will now ask each new member to share. How do you relate to the symptoms of media addiction, and why have you decided to join Back-to-Basics?

[Time determined by GS.] [Stop screen sharing]

A

Thank you all for sharing. We're glad you're here with us—your presence matters, and we need you as much as you need us on this journey.

We will now insert the names of all participants in the Zoom chat, listed in alphabetical order. As we go through the next section, each person will read a bullet point when it's their turn, following the order in the chat. When you see a bullet point, please read it aloud when your name comes up.

[Insert all participants' names in alphabetical order in the chat]

B

MAA Tradition Nine states, "MAA, as such, ought never to be organized; but we may create service boards or committees directly responsible to those they serve." The creation of Back-to-Basics falls under this Tradition. As your Group Sponsors, we are organized as administrators to serve this group.

A

MAA Tradition Three states, "The only requirement for membership is a desire to stop compulsively using media." MAA's Closed Back to Basics Action Groups welcomes all who want to stop using media compulsively, and we also ask that members fast from media while in this group. The open MAA meetings don't have this requirement.

These closed action groups are designed to help media addicts: [Each reader reads 5]

- Fast from all unnecessary media, together with group support
- Go through withdrawal and early challenges with others who understand
- Learn what media addiction is and how it affects our lives
- Discover simple tools and solutions for our recovery
- Complete all Twelve Steps with a sponsor's guidance (pass)
- Build real connections and friendships in a safe, supportive space
- Practice honesty and self-reflection, one day at a time
- Find new ways to cope with stress and emotions without addictive media
- Experience hope, encouragement, and accountability
- See that recovery is possible and that we are not alone (pass)

B

These closed action groups are a tool of MAA, and the requirements and commitments have helped many of us find recovery. If this approach does not fit your beliefs or needs, you are always free to seek another path to recovery. Our goal is to support each member's journey, wherever it may lead.

A

B2B is NOT a Replacement for MAA and Meetings

We wish to remind you that this group is not here to replace the Media Addicts Anonymous program. B2B is a tool to strengthen your MAA program so that you can also help strengthen and build MAA. In Back to Basics, we support you in working with all of the tools of Media Addict Anonymous. [Each reader reads 6]

• Tools of MAA

1. Attend MAA meetings for support and connection.

2. Give service to help others and strengthen your own recovery.
3. Work with a sponsor to guide you through the Steps.
4. Fast from all unnecessary media.
5. Create a media replacement plan with healthy activities.
6. Make a media withdrawal plan for early recovery support. (pass)
7. Pair up with an action partner and make outreach calls.
8. Prioritize sleep, set media curfews, and care for your body.
9. Meditate to connect with a Higher Power.
10. Read recovery literature to deepen understanding.
11. Use writing to process emotions and clarify actions.
12. Develop a media sobriety plan with your sponsor after completing the Steps. (pass)

B

Safety Statement for Back to Basics Step Study Action Groups

We take everyone's safety seriously. We are not therapists or mental health professionals. To join this closed Back to Basics Step Study Action Group, you must be mentally and emotionally stable. Please ensure you have outside support if needed during the one-month session.

By committing today, you affirm that you are mentally and physically able to participate in this group. You are responsible for your own well-being. If you have severe emotional or mental illness or cannot handle the rigor of this program, we kindly ask that you wait until you are healthier or seek other recovery options.

Here is our group's safety statement:

- MAA Tradition One states: "Our common welfare should come first. Personal recovery depends on MAA unity." In the spirit of this tradition, please understand that this Back to Basics Step Study Action Group is not a place to meet dating or hook-up partners. For the welfare and safety of this group, any communication or behaviors of a flirtatious, romantic, sexual, stalking, or aggressive nature directed toward any members are inappropriate and will not be tolerated.
- If you cannot abide by these rules, this group is not for you, and you will need to find recovery elsewhere. Also, we do not allow any discrimination concerning sex, gender identity, race, creed, religion, or sexual orientation. If you observe or experience any inappropriate behavior, we ask that you immediately contact the Group Sponsors or a trusted member. Again, any inappropriate behaviors will not be tolerated, and you will be asked to leave the group.

A

Suggestions for Success in Back to Basics and MAA

These are suggestions based on our experience. Following them can greatly improve your chances of success in your recovery and help you achieve long-term abstinence from media addiction.

- **Relationship Reverence**

If you're single, we recommend waiting until you've completed all three months of B2B before starting to date. New relationships can easily become distractions, pulling your focus away from fully engaging in your recovery process. Giving yourself this time allows you to build a solid foundation before taking on new emotional commitments.

- **Addressing Multiple Addictions**

After a month of media fasting, you may notice other addictions or co-dependency issues surfacing. We suggest focusing on one addiction at a time—start with media addiction. Building a strong base in media recovery through Back to Basics will better prepare you to address other issues later.

- **Commitment to the MAA Program**

Many people feel they've "got a handle" on their addiction after a short time and may want to switch to another program. We strongly advise committing to MAA for at least a year before considering other programs. This commitment gives you the best chance at lasting recovery.

- **Two Years Before Long-Term Sobriety is Possible**

30 days of fasting is just the beginning. Even after a year of sobriety, you're still considered a newcomer. Studies show that 90% of people relapse in any recovery program. It takes at least **two years** of continuous abstinence for any long-term, sustained sobriety. Statistics state that about 20% of people do recover. We hope we all can be one of the 20%.

B

DONATION: This group offers support and resources similar to an outpatient program, which would usually cost hundreds or thousands of dollars, yet thanks to MAA's support, you receive these benefits for only a small donation. As part of the 7th Tradition of MAA (self-supporting), we ask every member to contribute \$20–\$30 or whatever they can afford—no one will be turned away for lack of funds. Your donation today helps keep these groups available to all and is deeply appreciated. www.mediaaddictsanonymous.org/donate.

[Group Sponsors: Please put the link above into the chat.]

A

Reading the B2B Commitments

We will now read a shorter version of the commitments than what you see on the MAA website. We'll email you the more detailed version to review with your sponsor, and we'll take questions today if you have any. When you make these commitments, you are making them: first, to yourself, second, to the group, third, to the Group Sponsors. Each member read one.

- **Fast from Unnecessary Media and Tech:**

Use only media and tech necessary for work, school, family, recovery, or home needs.

- **Work with a Sponsor:**

Work one-on-one with your assigned sponsor. Call them on time, at least four days a week for 15 minutes and one hour on weekends, preferably via Zoom or WhatsApp video call.

- **Complete all assignments and read them to your sponsor:**
Finish all pre-commitment assignments before your first sponsor call this weekend. Plan to spend 15 minutes each day writing, and 1 to 1.5 hours on weekends when we reach the step work. Read your assignments to your sponsor during your calls.
- **Meeting Commitment:**
Attend all these Closed Back-to-Basics meetings and participate in the readings. (about 50 minutes Mon–Thu, 80 minutes Fri).
- **Optional Pre-Meeting Fellowship:**
Zoom room opens 20 minutes early for group sharing. Participation is encouraged but not required.
- **Excused Absences for Emergencies:**
We do allow absences for emergencies (e.g., births, deaths) and religious holidays. Inform both your sponsor and Group Sponsors beforehand; do not text the group. Missing meetings without approval counts as a slip.
- **Making Up a Meeting:**
If you miss a meeting, you will need to make it up. Ask your Group Sponsors how to do this.
- **Be On Time:**
If you don't attend the pre-meeting fellowship, arrive at least 10 minutes early; being over 10 minutes late counts as an absence..
- **Be Seen and Attentive:**
Keep your camera on at all times during the meetings to foster accountability and group connection. Be awake and present at all meetings
- **No Zoom Chatting During Meeting**
Please refrain from commenting on shares or sending messages to other group members during the meeting.
- **Outreach Calls:**
Make two outreach calls daily—one to your sponsor and one to another group member or someone from an MAA meeting.
- **Bookend:**
Use WhatsApp or phone calls to bookend necessary media that may be triggering for you.
- **Keep Group Safe:**
WhatsApp group is for outreach, bookending, and sponsor updates only. Don't post links, photos, or outside issues.
- **Sleep Schedule:**
Set and stick to daily bed and wake times. Share these with your sponsor.
- **Device Boundaries:**
Set daily times to turn devices on and off. Discuss with your sponsor.

- **Nature Time:**
Take a 15-minute walk in nature without your phone each day.
- **Maintain Sobriety in All Programs:**
Stay sober and abstinent from all other addictions you have worked on in the past.
Discuss any new behaviors with your sponsor to ensure honest Step work.
- **MAA Home-Group Meeting:**
Attend at least one MAA meeting each week as your home group. Share your phone number, do service, and get to know the fellowship. This is important, as you will need a supportive community when you finish the closed B2B program.
- **Saturday Meetings:**
Attend or listen to the Saturday 2 PM ET All Back to Basics Speaker Meeting. If you can't attend, listen to a recording.
- **Sponsoring a New Member**
We ask that you be willing to sponsor a new member if you are ready in your 2nd or 3rd month, if one is available.

A

More Details About Media Fasting — What it Means

There's a difference between simply abstaining from our addictive media and true media fasting. Here is what we mean when we say use only necessary media:

- Fasting means using NO MEDIA or TECH unless it's absolutely necessary for work, school, or essential family needs (like doctor appointments or school messages). This includes: no TV, radio, movies, news, streaming, social media, gaming, porn, nonessential shopping, word games, dating apps, unnecessary internet, apps, watching or listening to games, or gambling.
- We strongly advocate leaving out podcasts, music, fiction books, magazines, online reading, audiobooks, meditation apps, sports apps, unnecessary messaging, newsletters, or anything else you get lost in or use more than you planned.
- Tech and media are essential tools for meetings and recovery, and some usage—such as top-line media for support—is recommended in moderation. While exposure to screens and music may be unavoidable in places like gyms, stores, or social events, do your best to avoid unnecessary screen time and limit music use strictly to those specific activities.
- Even if you don't think you're addicted to something like music or novels, many of us have found that leaving it out makes us feel much better. The more you leave out, the freer and clearer your mind will be.
- Fasting is actually easier with less media, even if it doesn't seem addictive to you. Sometimes, even "harmless" media leads us back to other media. Pause before you use and ask yourself: "Is this REALLY necessary?"
- If your family or friends want to watch a movie together, suggest a different activity, like a board game, dancing, a walk, or something else without media. There's a list of 300 things to do instead of media in your packets.

- If you're somewhere where media is on, like your family or friends' house or a restaurant, ask if it can be turned off, spend time in another room, or turn your back to the screen. Inform those close to you that you'll be fasting this month and would appreciate their support.
- Work with your sponsor to clearly define your necessary media. If you're not sure if something is okay, talk to your sponsor or Group Sponsors. Keep reminders near your devices: "Is this REALLY necessary?" and "When in doubt, leave it out."
- Stay in the gift of desperation [G.O.D.]: Don't use, no matter what, even if your hair is on fire. Believe it or not, the more you are away from all unnecessary media, the easier the media fast will be, and you will feel more overall freedom from the obsession.

We encourage you, at the outset, to be honest with yourself and your sponsor. You are ultimately responsible for your recovery. We are here to support you in your fast, but we will not be spying on you to see if you are keeping all your commitments. You know if you are doing the work or not. This is not a program for people who need it. It is not a program for people who want it. It is a program for people who DO IT!

B

What if I Have a Slip?

Our commitment to sober media use is core to B2B—we aim to uphold this ideal together, one day at a time, with kindness, honesty, and accountability. This is our ideal and what we strive for every day. If any of us should have a slip, we need to be honest about it and take action right away. We are fasting from unnecessary media, which of course means we will be abstaining from addictive ("bottom line") media and middle-line sources most likely to trigger a binge. Using only necessary media helps keep us away from high-risk sources, except when genuinely unavoidable.

A

There is a difference between slipping with unnecessary media and slipping with bottom-line, addictive media:

- The first is a minor slip, the second is major and could lead to serious consequences. If you experience a minor slip (using unnecessary media), discuss it with your Sponsor right away.
- For a major slip involving your bottom line, you and your Sponsor should speak with the Group Sponsors to decide if remaining in the group is appropriate. Of course, consulting your Higher Power and Sponsor should be uppermost in this decision.
- **For a minor slip**, please do a breakdown worksheet. **For a major slip**, please do a breakdown worksheet and a resistance worksheet. Hermetically seal the incident. Avoid leaving any back door open on your addictive media.

Remember, we have an addiction; we are powerless over the first click, but we are not completely helpless. If you slip, take responsibility and reflect on why it happened—share this with your sponsor and ask your Higher Power to remove any cravings—this will help deepen your understanding of media addiction and move you back onto the path of recovery.

B

These guidelines are our key to freedom. Our media fast is meant to detox you, so you can get your life back, work these steps, and have the promised personality change needed to recover from media addiction. If you're not ready for this level of commitment, or if this group isn't the right fit for you, we understand and encourage you to find recovery through another method.

A

Many of us joined this closed group because we needed more support to fast from unnecessary media—something we couldn't do alone. Remember, you wouldn't be in this room right now if you didn't want this kind of accountability. If media fasting feels scary or daunting right now, don't worry—we are here to support you every step of the way.

B

Back to Basics Has a Three-month Completion Cycle

Today's commitment is for one month only. We make this commitment again at the start of each new cycle. It takes three rounds to work through all the 4th Step Back-to-Basics inventories—resentment, fear, and sex & fantasy—using the Big Book method.

A

To fully experience Back-to-Basics recovery, you need to complete ALL three months. This gives you your first 90 days of media abstinence, builds a strong foundation for your recovery, offers ongoing group support, and gives your Higher Power time to work miracles in your life.

B

Please note: The program is designed for you to stay in the same group and time slot for all three months. This helps you build unity with your group and keep the same sponsor throughout your program. We request that you remain with this group for the full three months.

A

We will now answer any questions you have about Closed Back to Basics groups and commitments.

[Q&A time to be determined by the Group Sponsors. Please stop screen sharing at this time.]

B

It is now time to take the Commitment to Closed Back to Basics. These commitments are part of our group conscience. By agreeing to them today, you are voting to join and support this closed accountability group. I will call your name—please respond by saying “all in” if you agree to join, or “opt out” if you do not.

Stop screen sharing. Call the names of each member and let them take the commitment. Then come back to the format.]

Thank you all! Welcome to freedom. Welcome to MAA's Back to the Basics Step Study Action Group. For those who are “all in,” a sponsor will be assigned to you, and you will receive this information within the next day or so. Please check your email inbox for details.

We will close today's session with the *Serenity Prayer*:

***Higher Power, grant us the serenity to accept the things we cannot change,
courage to change the things we can, and wisdom to know the difference.***