**BACK-TO-BASICS, A DESIGN FOR LIVING**

**MEDIA SOBRIETY GROUPS**

-Pre-Commitment Assignments-

Please get these assignments completed before the Friday Commitment meeting, if possible, or by the first call with your sponsor. You will be assigned a sponsor at the commitment meeting**.**

1. Please begin fasting from any unnecessary media at least 24 hours before our commitment meeting on Friday.

2.Listen to the qualification by MAA Co-founder, Cindy B

Phone call in number: 978-990-5099 Access Code: 385988# Reference #6

or MAA Website: https://www.mediaaddictsanonymous.org/there-is-a-solution

Reference # 6

"Looking For God in all the Wrong Places"

Cindy B.

The following is to be written and read to your sponsor before the first weekly session on Monday.

3. Fill out your "Resistance Worksheet," and when you get a sponsor, read it to your sponsor.

4. Fill out the "Fasting Plan" worksheet, and when you get a sponsor, finalize what your media fasting and sobriety plan will look like.

**5**. Write for at least 30 minutes on your personal history of media addiction and read this to your sponsor.

* + - Begin with your first media memories.
    - Discuss how much media you used, how you have tried to solve the problem, and failed.
    - How does media affect your other compulsions, for example, shopping, gambling, sex, overeating, self-harming, etc?

Use the Signs and Symptoms of Media Addiction to help you see all the symptoms that apply to you and your addictions. (see below)

Signs and Symptoms of Media Addiction

1. Dissatisfaction with everyday life—We depend on media as a way to avoid emotional discomfort, boredom, pain, and problems. Media has become our main source of relief, reward, relaxation, recreation, and relationships.
2. Mental obsession—We have a *fear of missing out* so we want our media with us at all times. We are preoccupied with what's trending in the news and social media. We lose ourselves in gossip, too much information, and the absorption of negative media, all of which result in constant unrest and agitation.
3. Depression, shame, and hopelessness—We feel depressed, shameful, and guilty about the amount or type of media we are consuming. We want to stop, but we don't believe we can live without our media dependency. This hopelessness has caused some of us to have suicidal thoughts or prolonged periods of depression and anxiety.
4. Compare and despair—We compare ourselves with what we see in magazines, films, TV, and social media. We try to create a persona that other people will admire, but end up feeling despair when we can't live up to those ideals. We are compelled to follow seemingly perfect people on social media even though we know it repeatedly makes us feel inferior.
5. Isolation—We prefer to be alone with our media rather than socialize. When we are with other people, we often become distracted by our devices. Isolation causes us to avoid those activities in life which used to bring us joy and connection.
6. Fantasizing—Rather than having meaningful relationships with real people, we turn to media to satisfy our need for romance, intimacy, and sexual fantasy. We end up feeling a deeper loss of intimacy with others which leads to more deprivation and loneliness than before.
7. Risky behavior—We will endanger our health, life, or someone else's life to get our media fix. We may drive while sending text messages, overeat while bingeing on TV, or deprive ourselves of sleep while using all forms of media.
8. Time irreverence—Time is the only commodity we can never get back. When grazing or bingeing on media, we lose track of time and forget what is truly important in our lives. Media takes priority over everyone and everything.
9. Avoiding our life's purpose—We abandon creative endeavors, intellectual pursuits, and prioritization of our goals because we focus on passive media consumption instead. We jeopardize our income, education, careers, and overall success by procrastinating and repeatedly using media during study and work hours. We lose faith in ourselves and hope for the future.
10. Disconnection from our bodies and nature—We become detached from our body and do not fully enjoy all of our senses. We fail to meet our body’s basic needs for rest, sleep, exercise, and good nutrition. We hide indoors with media while avoiding the nourishment and beauty of the natural world.
11. Physical ailments—With prolonged media usage we experience backaches, neck pain, headaches, disturbances in sleep, digestive issues, carpal tunnel syndrome, and vision problems.
12. Withdrawal symptoms—When we stop using our addictive media, we experience withdrawal and detoxification symptoms. Any time we give in to our compulsion to use our addictive media, we reignite the “craving” and find it increasingly more difficult to stop again.

WE ARE LOOKING FORWARD TO SEEING YOU AT THE COMMITMENT MEETING!