Media Addicts Anonymous—

Back to Basics: A Design for Living

**FASTING PLAN AND TOP/MIDDLE/BOTTOM LINES**

During our Closed Back to Basics (B2B) container, we will be fasting from all unnecessary media and technology. Please use this worksheet to reflect on your personal boundaries—your Top, Middle, and Bottom lines. Honest self-reflection is key to recognizing and addressing addictive behaviors. The more open and willing you are to surrender unnecessary media, the more freedom and recovery you will experience. This approach has worked for us, and we want you to have the best chance at recovery in B2B.

Understanding Bottom Lines

Bottom lines are self-defined activities or behaviors that we commit to abstain from in order to support our physical, mental, emotional, sexual, and spiritual well-being. Recovery begins with acknowledging that certain addictive behaviors have made our lives unmanageable and that we are powerless to stop without help.

Creating Your Fasting Plan

When fasting from unnecessary media, it’s important to have a clear and practical plan. Start by identifying which types of media are essential for your daily life, and which are destructive or unnecessary. This clarity will help you set healthy boundaries and stay committed to your recovery.

Reflection and Action

Please reflect on the following questions as you create your fasting or sobriety plan:

* + Which media or technology is truly essential for your daily functioning?
  + Which media or technology do you use out of habit, boredom, or compulsion?
  + What are your personal Top, Middle, and Bottom lines regarding media use?
  + How will you handle cravings or urges to use unnecessary media?

Action Step:  
Write your fasting plan below, using blue lettering.

**Top Lines** (Your Best Life and Your Necessary Media): Top Lines constitute what you want your life to look like on a good day. All the things that maintain your mental and physical health, including social activities. Your Top Lines also include the media essential for work, family, recovery, or personal needs. All this needs to be discussed with your sponsor. Use only what's necessary when you are fasting. Remember: when in doubt, leave it out. All media should contribute to an abundant and useful life. These are your top lines, combined with using all the steps and tools of recovery. If you are fasting, these are the only types of media you use.

**Bottom Lines** (Addictive Media):  
Identify your "alcoholic media" - the media you can't stop using once you start or that triggers obsessive thoughts. These are your bottom lines.

**Middle Lines** (Triggers):  
What triggers your desire to use media? What are your "gateway drugs"? Examples include:

Discussing movies or TV shows

Receiving subscription updates

These are things to avoid and form your middle lines.

Take action to remove potential triggers from your phone, computer, and household. If you live with someone who uses your addictive media, communicate your needs and ask for their support. Do the same when visiting friends. Most true friends will support your one-month fast if you explain its importance.

Please create your top line, middle lines, and bottom lines with media.

**Top Lines-**

**Best Life Living Examples:**

I am living joyfully and freely, embracing a life without unnecessary media. My top-line activities include:

* + - Working the 12 steps daily
    - Meditating for inner peace
    - Attending MAA meetings regularly
    - Engaging in fulfilling non-media activities
    - Using media only for essential work, family, or recovery needs
    - Taking daily walks without my phone
    - Going to the museum with friends

**Essential Media Examples:**

Top Line Media represents the critical communication channels that contribute directly to your professional, educational, and personal growth. These are the media types that add genuine value to your life, supporting your core responsibilities and relationships.

* + - * Work email
      * Job-related communication tools
      * Educational resources
      * Marketing tech tools and research
      * Academic research databases
      * Shared family messaging groups
      * Recovery program online meetings
      * Support group communication
      * Banking and financial management apps
      * Healthcare patient portals

**My Top Lines:**

Best Life Living:

Essential Media:

**Middle Line Examples:**

Avoid these potential triggers that may lead to media relapse:

* + - * Negative self-talk and self-pity
      * Discussing addictive media with others
      * Failing to communicate my media boundaries to friends and family
      * Keeping media devices easily accessible

**My Middle Lines:**

**Bottom Line Examples:**

Media, I abstain completely from even if I am not fasting:

* + - Any media that triggers compulsive use
    - Media that leads to obsessive thoughts
    - Specific platforms or content types identified as personally addictive

**My Bottom Lines**