

SOBRIETY SATURDAY MEETING OF MEDIA ADDICTS ANONYMOUS

LIVING SOBER IN A MEDIA-ADDICTED WORLD
RELAPSE PREVENTION & RELAPSE TO RECOVERY MEETING

Saturday 10:00-11:30 AM Eastern Time
ZOOM MEETING
Zoom ID: 881-6683-9368
Passcode: 987162

Notes to Moderators:

Please make sure you are on the line Zoom at least 15 minutes before the meeting starts. Please read the script as is and please keep the meeting clipping along so we have more time for shares.

Before the start of the meeting, please ensure that we have 4 readers and sober media addicts willing to facilitate break-out rooms. Moderators are responsible for getting readers for this meeting. It is suggest you ask people to be readers in advance.

OPEN ALL BREAKOUT ROOMS PRIOR TO THE START OF THE MEETING, IF POSSIBLE!

Ask for someone to give the opening and closing prayers, read the promises, and to be a timer.

Please be sure to write down everyone’s name who volunteers for service during the meeting so you can thank them at the end and so it is easier to keep track of who your readers are.

Prayer 1 _____
Preamble _____
Reader 1 _____
Reader 2 _____
Reader 3 _____
Reader 4 _____
Prayer 2 _____
Promises _____
Timer _____

Breakout Room Formats - See: [Breakout Room Formats - Below](#)

A

WELCOME

Welcome to the 90-minute *SOBRIETY SATURDAY* meeting of Media Addicts Anonymous. *Where we are learning to live sober in a media addicted world. This is a relapse prevention and a relapse to recovery meeting.*

My name is ___A___, and I am ___B___, and we are recovering members of MAA and your moderators for today.

We have asked ___name___ to lead us in the Sobriety Prayer.

"Higher Power, we are joined here today as real media addicts and we need your help. Please remove from us any desire we may have to compulsively use alcoholic media and help us to stay sober today. Help us stay sober today."

Thank you ___name___. We have asked ___name___ to read the Preamble of MAA.

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.

The A.A. Preamble is adapted with permission of the AA Grapevine, Inc. Permission to adapt the Preamble does not in any way imply affiliation with or endorsement of this organization.

(A continues)

Thank you ___name___.

Are there any newcomers to this meeting? (stop screen share) Please un-mute and introduce yourself so we can welcome you. (Pause and wait for newcomers to respond.)

It is suggested you attend at least six meetings so that you have time to identify with the speakers, begin to absorb the concepts, and learn more about the program.

B

This Media Addicts Anonymous meeting focuses on providing immediate help and support to members who wish to maintain media sobriety and also those who are struggling to stay sober right now. We invite you to share honestly about where you are in your recovery. All members are welcome to share; there are no requirements for sharing.

We suggest as you listen to this meeting you put away all other devices you don't need right now and pay attention to all that is being said. By focusing on this meeting alone without distraction you will get this program much faster.

A

Here is how our meeting will unfold:

1. "Sober Saturday" is a 90 minute meeting— the first hour will be readings and sharing, the last 1/2 hour we move into recovery breakout rooms or continue sharing in the main room.
2. We have asked 4 members who will be our readers today
3. The two moderators will lead the group through the readings on the symptoms of relapse
4. After we complete the readings we will open the meeting for shares
5. Our four readers will begin sharing in the order they read
6. At 55 minutes we will stop for announcements and 7th tradition.
7. We will read the promises.
8. Then for the next 25 minutes we will either move into breakout rooms where facilitators will offer relapse recovery tools for media sobriety or you can stay in the main room for more sharing.
9. At 27 minutes after the hour we will reconvene for the closing prayer.

This is the order our reader will be reading in today. Readers, where you see a bullet point, that is where we would you to read. **__Reader 1__** will you please The Twelve Steps of Media Addicts Anonymous?

- **The Twelve Steps of Media Addicts Anonymous**

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over media—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other media addicts, and to practice these principles in all our affairs. (pass)

(A continues)

Thank you. I will now read the Tradition of the Month and the 12th Tradition

The Twelve Traditions of Media Addicts Anonymous

1. Our common welfare should come first; personal recovery depends upon MAA unity.
2. For our group purpose there is but one ultimate authority—a loving God as is expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for MAA membership is a desire to stop compulsively using media.
4. Each group should be autonomous except in matters affecting other groups or MAA as a whole.
5. Each group has but one primary purpose—to carry its message to the media addict who still suffers.
6. An MAA group ought never endorse, finance, or lend the MAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every MAA group ought to be fully self-supporting, declining outside contributions.
8. Media Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. MAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Media Addicts Anonymous has no opinion on outside issues; hence the MAA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

B

Becoming media sober is not a goal, it is a system for living. The goal is not about simply getting sober, it's about LIVING SOBER. The book Alcoholics Anonymous, our blueprint for recovery, states:

- "AA does not teach us how to handle our drinking... It teaches us how to handle sobriety... It's no great trick to stop drinking; the trick is to stay stopped. I had come to AA to learn how to handle sobriety—which is what I could not handle in the first place. That's why I drank."

If we are to stop hurting ourselves with compulsive media behaviors and stay stopped, we need to put a system into place to support us in living media sober. This is a life-long process. Those of us who got sober from media found that we could not stay sober if we did not set up a system to maintain sobriety.

A

We live in a world where media addiction is accepted everywhere. Media addiction affects people of all ages and cultures. Without focused and repeated effort, we are all "powerless against the first click." Our intention for these Sobriety Saturday meetings is first and foremost to take media addiction seriously and to find ways to prevent sober media addicts from relapsing.

B

Second, we must have urgency of purpose. If you came to this meeting today media drunk, you can leave this meeting today media sober with a plan to continue being sober throughout this day, week, month, and year. Remember, keep coming back, it works if you work it.

A

Because media is so insidious a drug, if we are sober right now, we need to consciously be working a relapse prevention program to stay sober tomorrow. We must stay ahead of any insane thought that would lead to a media slip. Slips and relapses don't suddenly happen. There are signs and symptoms that lead up to a slip or a break, which then leads to a relapse.

B

Let's look at the difference between a slip and a relapse.

- A slip has several layers of seriousness. A minor slip would be to enter into your "middle-line" media and behaviors. A major slip would be to dip into your "bottom-line" media and behaviors. A slip is a momentary indiscretion and is a clear sign that something in your life is out of balance and needs to be addressed.
- A slip becomes dangerous if it continues longer than a few hours or a day. If a slip continues for a few days, we would say you are in the beginning of relapse. The allergy of the body and obsession of the mind have been reignited, and the ability to control your alcoholic media will be almost impossible. A full-blown relapse would constitute months and even years of media insanity.

If a media addict can acknowledge a slip or break right away, take responsibility and tell another recovering media addict about the slip, ask their Higher Power for help to remove any urge, and hermetically seal the incident so it doesn't move into the next hour or the next day, a relapse can successfully be prevented.

A

But what leads up to a slip or a relapse is even more important to understand. There are many smaller events that happen before a relapse. We will be looking at them in these four stages: Spiritual, Emotional, Mental, and Physical. Will each of our readers please read one?

STAGES OF RELAPSE

- 1. Spiritual

A **spiritual** relapse is the first stage leading to a media relapse. It begins when we let up on our disciplines of prayer and meditation. For example, we wake up late and believe we don't have time to connect to our Higher Power before work so we decide to pray in our car on our way to work. But once in our car, we put on the radio without thinking. At work, we get so busy we forget to ask H.P. for guidance. We make our time with our

Higher Power an option rather than a daily requirement. We put our job, school, and others before ourselves and our Higher Power. We keep saying, "Tomorrow I will do better." But we keep up the same pattern until we feel disconnected from ourselves and our Higher Power. We need our Higher Power to stay in fit spiritual condition around our media usage. Without it, we become prey to the first click.

- 2. Emotional

Emotional relapse is the second stage leading to media relapse and a continuation of **spiritual** relapse. It occurs way before a media sober individual even begins to consider using again. Because we have lost our conscious connection with a Higher Power, we start to experience negative emotional responses, such as anger, moodiness, and anxious feelings. We may also begin to experience erratic eating and sleeping habits, and our desire for recovery often wanes due to a lack of using the support systems we have in MAA. These are warning signs that a media sober person could be entering into the next phase of relapse, and it is important to recognize them as quickly as possible. This stage occurs before a media addict is even aware that they could be in danger of a relapse.

- 3. Mental

Mental relapse is the third stage of the process and a continuation of **emotional** and **spiritual** relapse. This is often a time of internal struggle for the media sober person because part of them wants to remain on the road to long-term sobriety. However, part of them is embattled in a tug-of-war with another side that wants to return to using. Unless we have sworn off all alcoholic media completely and for good, there will always be a part of us that wants to use again, which is why addiction is considered a chronic condition. As the mental phase of the relapse progresses, fantasies about using bottom-line media eventually arise, and at this point, it's difficult to stop the compulsion to act out. When a media addict decides they are going to use, it's just a matter of time until they do it. The AA Big Book tells us that the main problem for the addict centers in the mind and that the "insane idea" always wins out unless arrested right away.

- 4. Physical

Once **mental** relapse has occurred, it doesn't take long to progress to the stage of **physical** relapse. Physical relapse is when a media addict consumes their alcoholic media, breaking their sobriety. Using even just one time can ignite an intense dopamine high, and the media addict starts to have intense cravings to continue to use. The potential to enter back into their compulsive media behaviors is now a very real threat. With the physical release of dopamine, the media addict wants media more than anything else. Most desires for relationships, life goals, and self-care fly out the window and take a back seat to their alcoholic media. The only thing the addict wants is media, and if this stage is not arrested right away, it will turn into a full-blown relapse.

B

Whatever we consume, eventually consumes us. Each of us, no matter how long we have been in recovery, is either moving closer to a slip or relapse or moving closer to recovery. Every day we must be vigilant because as media addicts we have little or no effective mental defense

against the first click. Recognizing the warning signs prior to a relapse is the best way to prevent one from occurring.

Let's look at what the media relapse cycle looks like by focusing on the 10 D's of the addiction cycle. Each reader please take two each.

1. Dissatisfaction. It starts with a feeling of dissatisfaction—feeling down, depressed, hungry, angry, lonely, tired, resentful, shameful, guilty, full of self-pity, etc.
2. Drug of choice. We start to think about finding a way to lift our spirits with a dopamine hit of some kind.
(pass)
3. Denial. We deny that one small hit will hurt us. We were never that bad. We can handle this.
4. Defense. We begin to defend this insane idea. We have a right to use. I'm entitled to this.
(pass)
5. Defiance. "I will do whatever I want, I don't care!" We already feel drunk and it's only a matter of time before we use.
6. Drunk. We use our drug of choice and we can't stop, and don't want to stop. We move into blackout oblivion.
(pass)
7. Depressed. We wake up the next day scared and depressed. Hopeless and fearful that we will never be able to stop.
8. Desperation. We will do anything to stop. We call on a Higher Power to help. G-O-D = GIFT OF DESPERATION.
(pass)
9. Determination. We seek out help from our fellowship and work our program one day at a time. We don't give up; we are willing to go through detox and withdrawal again.
10. Daily Disciplines. We pick up our daily disciplines and work them rigorously.
(pass)

A

You can see if we always live in numbers 8, 9, and 10—Desperation, Determination, and Daily Disciplines—we never have to circle back to number one and start the whole addiction cycle again. We never have to go through withdrawal again.

B

If you are slipping or in relapse right now, you are not alone. We often feel shame and despair when we walk back through the doors of MAA with our tail between our legs and say, "I can't believe I did it again!" We think we have failed others, failed God, failed ourselves.

A

But relapsing is very common in any addiction program, and our Higher Power does use relapse to help us reach a real bottom. We are here today to release the shame and despair of our compulsive media behaviors, leave them in the past, and make a decision from this moment on to move back into media sobriety.

B

If you are slipping or in relapse, we hope this meeting helps you find recovery today. In the last 30 minutes of this meeting, anyone who wishes to can move into one of our breakout rooms where a facilitator will help you take actions to prepare you to be media sober going forward.

A

So that we are aware of where we get stuck and how relapse happens, we have made a list of common signs and symptoms leading to a media relapse. These are things we need to be aware of and consider daily. If we are aware of them, we can quickly arrest any need to slip or relapse. This list was put together in no particular order. Each reader please read 5 signs.

Signs and Symptoms Leading to Media Relapse

1. Believing that we are cured after we have fasted for a period of time and can now use media with impunity
2. Not getting enough sleep, not having a media curfew or, if we do have one, not following it
3. Overworking and not having sufficient time for rest and relaxation, having no balance and boundaries
4. Not making our Higher Power a priority in our life and not cultivating that relationship
5. Not taking care of our body's basic needs and eating poorly which creates other mood-altering effects **(pass)**

6. Desiring media more than we desire a deep relationship with our Higher Power
7. Letting the fire go out on our life-purpose; feeling we have nothing to contribute; giving up and living a discounted version of ourselves
8. Believing that we can always start tomorrow, never having urgency and desperation for our recovery
9. Judging, complaining, or losing respect for MAA members or sponsors who are trying to help us get and stay sober
10. Badmouthing the process or showing disdain for recovery and blaming others for our dissatisfaction **(pass)**

11. Feeling hurt by something that happened at a meeting or business meeting or any other interaction with a human and deciding we have a good reason to act out with media
12. Still holding onto the belief that we can afford resentments, self-pity, and dishonesty and that these will not hurt us
13. Believing that we can afford to have a HUGE addiction and a SMALL recovery program

14. Living our life as a reaction rather than a creation; getting trapped in our feelings and triggers, getting lost in "stinking thinking"
15. Not coming to meetings or showing up late and leaving early; never putting our camera on or multi-tasking during the meeting **(pass)**

16. Leaving MAA after we get sober and believing we can do it on our own
17. Never giving back what we were given, never sponsoring or helping at meetings
18. Losing regular connections with other MAA members, avoiding outreach calls
19. Re-introducing media without guidance from a sponsor and making decisions by ourselves
20. Still hoping that one day we can use media the way we used to and there will be no adverse consequences, keeping the back door open on alcoholic media **(pass)**

21. Falling into the nostalgia trap and allowing ourselves to linger on the good-ole days with media
22. Discussing TV shows, games, music, etc., that are our alcoholic media with others, which creates an obsession of the mind and creates the urge to use them again
23. Feeling envious of others who get to use media when we can't
24. Feeling discontented with our sobriety and doubting whether recovery is really working for us
25. Longing to be normal with media **(pass)**

26. Denying that we were ever that bad, that we are wiser and better now, and that we can handle our alcoholic media without falling down the rabbit hole
27. Not keeping recovery as our first priority but allowing work and relationships to distract us
28. Not working MAA's 12 Steps or not completing them
29. Isolating and trying to do it all by ourselves
30. Not using our Higher Power to take away the obsession of the mind and protect us against the first click **(pass)**

B

As we said earlier, the purpose of this meeting is to shine light on the part of the recovery process that deals with slips and relapses. Media sobriety is not the goal if we are to find permanent relief from this debilitating disease. Instead, having a system in place to live media sober is what is necessary to prevent relapses. Because most of us need to use media every day, just like we need to eat every day, we can't just put it down and out of our minds, like someone can do with drugs or alcohol. We often have to handle our drug every day. Because we were raised on media, we can never feel safe from it or take for granted that we have licked this thing for good.

A

Desperation, Determination, and being Diligent with working our Daily Disciplines is the only hope we have to maintain any long-term media sobriety. Our system for living media sober is to turn around the cycle of addiction. Here it is. Will each reader please take two:

1. (Instead of Dissatisfaction) Gratitude. Turn dissatisfaction into gratitude. Make a daily gratitude list.
2. (Instead of Drug of choice) Prayer and Meditation. Make your drug of choice your Higher Power.

(pass)

3. (Instead of Denial) Stay in Reality. Stop gas-lighting yourself. Remember how bad your worst binge was, how you felt after it.
4. (Instead of Defense) Defend your sober life rather than your alcoholic media.

(pass)

5. (Instead of Defiance) Ask your Higher Power for humility and just surrender. Save time. Save your life.
6. (Instead of getting Drunk) Hold on to your sobriety as if it is the most precious possession you possess.

(pass)

7. (Instead of being Depressed) Wake up joyful and grateful with a good night's rest.
8. Desperation. Stay in this one. Stay close to GOD: the "Gift Of Desperation." Never let up.

(pass)

9. Determination. Stay connected to your fellowship and work your program one day at a time. Don't keep a back door open on your alcoholic media, stay willing to go through detox and withdrawal as long as it takes.
10. Daily Disciplines. List your daily disciplines and work them rigorously.

(pass)

(A continues)

A

We would like to thank ____ **1,2,3,4** ____ for being our readers today.

We will now open the meeting for sharing on the signs and symptoms of relapse and anything that we have read today. We will be asking our 4 readers to share first in the order you read. After that we will open the meeting up to all who would like to share.

(Before stopping screen share, B reads the paragraph below.)

B

To maintain the serenity of the meeting, we do not engage in cross-talk. We define cross-talk as interrupting, directly addressing another speaker, commenting on someone else's share, giving advice, or making suggestions. To keep this meeting safe for all members, we abstain from naming media titles or discussing the specific content of our addictive media. Please do not interrupt the speakers. Please allow the moderator to address all interruptions or issues.

____name ____ is our Timekeeper, ____name ____ will you please let the person sharing know when two minutes are up and again at three minutes when their share has ended? For those who are sharing, please acknowledge the timekeeper's warning by saying, "Thank you," and when time is called, please wrap up your share.

A

(A will call on members to share, starting with the four readers from today.)

Reader number 1, please begin your share.

(Wrap up sharing at 55 minutes.)

A

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 breakout rooms.

We'd like to thank _____ for keeping time; _____, _____, _____, _____, and _____ for doing the readings; and _____ for being our breakout room facilitators. Again, thank you for letting us serve today as your moderators.

B

We encourage you to leave today with a media accountability partner and/or a sponsor if you don't have one. Please provide your contact information in the chat to facilitate effective communication. If you would like to be a reader for this meeting or a breakout room facilitator, please put your name, phone number and email address in the chat and we will contact you.

We have our business meetings every 3rd Saturday of the month for 15 minutes directly after the close of this meeting. Please stay after the meeting to be a part of our self-governance.

It is now time now to pass the basket 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 the MAA website at www.mediaadictsanonymous.org. Contributions can be made via debit card, credit card, or PayPal on the MAA website. Please give what you can. MAA is a growing fellowship and needs your support.

We will now take 2 minutes for announcements. Timekeeper, will you please let us know when two minutes are up? Are there any MAA-related announcements?

We have asked ____name ____ to read the 10th Step promises from page 84 in the Big Book?

The 10th Step Promises

- "And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in alcohol. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we find that this has happened automatically. We will see that our new attitude toward alcohol has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition." (Pass)

For the next 25 minutes you will have the choice of moving into a breakout room where one or more facilitators will take you through practical tools for getting and staying media sober or you can stay in this room where we will read the Tools of Media Addict Anonymous and continue sharing. Please pick the breakout room of your choosing by clicking on the choices on your screen or do nothing and stay in the main room. At 27 minutes past the hour we will reconvene for the closing prayer.

Possible breakout rooms:

[Slip worksheets](#)

[Resistance worksheets](#)

[Urge surfing worksheets](#)

[Media replacement plans](#)

[Media withdrawal plans,](#)

[Fasting plan](#)

[10th steps](#)

Breakout Room Formats - See: [Breakout Room Formats - Below](#)

Breakout rooms or Main room meet until 27 minutes after the hour and then reconvene.

Open Breakout rooms now. Allow members to choose their breakout room, and assist those individuals who may need an invitation to join a room of their choice.

MAIN BREAKOUT ROOM

B

Thank you all for being here. In this part of the meeting we will first read the Tools of Action for Media Addicts. ___A___ will qualify for 3 minutes. Then I will qualify for 3 minutes (or TBD). Then we will open up the room for sharing on the Tools of MAA or anything else you would like to share on.

Besides working the Twelve Steps as explained in the Big Book of Alcoholics Anonymous, we also apply the following tools to help create and maintain a strong media recovery program. We will be reading the short version of MAA's tools. Please go to the literature page of our website for more detailed information on how to work these tools at www.mediaaddictsanonymous.org.

Let's read them together. Who would like to read? (*Ask members to read 2 at a time*)

Tools of Action for Media Addicts

These actions support media sobriety

1. Go to meetings—We attend MAA meetings to learn about media addiction, stop isolating, gain support, and identify with other recovering media addicts. Meetings are the platform we use to build a robust personal support network and a real sense of belonging. We encourage newcomers to attend 90 meetings in 90 days to jump-start their recovery.
2. Give service—Giving service right away is THE MASTER PLAN for finding success in getting and staying media sober. Service gives us immediate purpose and connection within our fellowship. We suggest that every newcomer and old-timer choose a home group and take on a service position. Any form of service, such as moderator, timekeeper, action partner, dashboard operator, etc., adds to the quality of our own recovery and helps us stay sober. Sponsoring and carrying the message to the media addict who still suffers is the cornerstone of our own personal recovery. (pass)
3. Work with a sponsor—A sponsor is a media-sober member of MAA who is working MAA's Steps and Tools to the best of their ability. We ask a sponsor to guide us through the Twelve Steps and assist us in staying media-sober. We work closely with our sponsor to discover what behaviors, emotions, situations, and circumstances trigger the "phenomenon of craving," and the things that may contribute to being out of control and compulsively using media.
4. Fast from unnecessary media—Fasting is an essential tool if someone sincerely desires relief from media addiction. It is the tourniquet we use to stop the bleeding. We strongly advocate fasting from unnecessary media long enough to break the compulsive cycle. By fasting from all media except what is necessary for work, school, or family needs, we see our media addiction with greater clarity, detoxify our minds and bodies from the overuse of media, and begin to connect to ourselves and others in deeper and healthier ways. (pass)
5. Design a media replacement plan—Because media has become our main source of relief, relaxation, reward, recreation, and relationships, we need to find other activities we enjoy. A media replacement plan is an important system to create as soon as possible so we will have enjoyable and healthy activities to replace media.
6. Create a media withdrawal plan—When we stop using media, we find there is often a period of withdrawal and detoxification. A media withdrawal plan provides us with a strategy to get the help and support we need during early abstinence. A sponsor and/or action partner help provide tools and guidance in creating this personal plan. (pass)
7. Get an action partner and make outreach calls—We find it helpful to pair up with an action partner to help us stay accountable with our media usage on a regular basis. Media addiction isolated us from real people. We recover from loneliness and gain support by

making frequent outreach calls to other media addicts. We use our support network to bookend our media use.

8. Prioritize sleep and body care—Our ability to get sober and stay sober from media includes getting proper rest and a good night's sleep. Therefore, we suggest setting a media curfew for ourselves along with a regular bedtime. We keep electronic media out of the bedroom. During the day, we stay connected to our bodies by eating nourishing food and getting proper exercise and fresh air. (pass)
9. Meditate—We regularly take time to meditate in order to feed our spirits in ways that media never could. Meditation helps us connect to a Power greater than ourselves which then trains our mind to turn to this Power rather than seek relief through media.
10. Read recovery literature—We regularly read and study MAA literature as well as the literature of Alcoholics Anonymous to deepen our understanding of addiction and the pathway to freedom and recovery. (pass)
11. Clarify through writing—When we write our thoughts down, it allows us to see our disease more clearly. Writing is an indispensable tool for working through our emotions. When we put our difficulties down on paper, it becomes easier to understand a situation and discern any necessary action.
12. Develop a media sobriety plan—After we have fasted and become media sober (i.e., abstinent from all unnecessary media) and taken all Twelve Steps with a sponsor, we work with our sponsor to create a media sobriety plan. This plan outlines our personal intentions for media usage. It is our unique guide to making media decisions, as it defines what, when, how, where, and why we use our devices. For many of us, our sobriety plan becomes a continuation of our media fast, that is, refraining from any unnecessary media. Ultimately, our media sobriety plan excludes any media that is our alcoholic (bottom line) media. We continue to re-evaluate our plan with our sponsor to stay media accountable and prevent relapsing. (pass)

(A shares for 3 minutes. Then B shares for 3 minutes. B Opens the room for sharing and calls on members. A keeps time. At 27 minutes past the hour all meeting rooms reconvene.)

A

Thank you all for being here today. May we all find the recovery need we need and the help from our Higher Power as we go forth today. Please don't leave here without a person you can call for support. Let's commit to staying sober this week and we will join again in sacred sobriety next Saturday.

B

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. We do not take outside the meeting whom we hear at the meeting. If we try to absorb what we have heard, we are bound to gain a better understanding of the way to handle our problems and begin to change our lives. 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.

We have asked __name__ to lead us in the Sobriety Prayer:

"Higher Power, we are joined here today as real media addicts and we need your help. Please remove from us any desire we may have to compulsively use alcoholic media and help us to stay sober today. Help us stay sober today."

BREAKOUT ROOM FORMATS

IF YOU HAVE A SLIP BREAKOUT ROOM

Note to moderators: Please choose which of you will screen share and scroll through the script. Please choose will be A and B.

A

Welcome everyone to the "If You Have a Slip" breakout room. I am **A** and I am **B**, and we are recovering members of MAA. Today we are going to show you a set of questions you can answer if you have a media slip. Before we begin, please grab a pen and paper so you can answer the following questions. Who can be our timekeeper today?

B

First of all, we all have slips, no one is perfect. What is important with a slip is that we are honest, acknowledge it and try to see where we got off track. It is important that we don't keep slips to ourselves. We share what we have done with another person, our sponsor if we have one. We are going to give you a set of questions that you can answer with a sponsor or sobriety partner to help you stay accountable if you have a slip.

A

In this worksheet we are going to look at a slip as a kind of breakdown, when, for a short period of time, what we had committed to has broken down. See this exercise as a neutral situation without bringing in guilt, shame, or blame. What happened, happened. Let's take a look at it and let's move forward with this information in a constructive and powerful way.

B

These are questions to ask yourself and read to someone if you have a slip or a lapse. In this format, these are called, "Breakdowns."

First of all, we all have breakdowns, no one is perfect. See this exercise as a neutral situation without bringing in guilt, shame, or blame. What happened, happened. Let's take a look at it and let's move forward with this information in a constructive and powerful way.

Ask and answer the following questions in this order. (Please don't skip steps):

1. Acknowledge the breakdown. Examples: "I broke my media bottom line for 3 hours last night" or "I overslept and missed the B2B meeting."

2. How did you generate this breakdown? How did you create it? (It empowers us to take 100% responsibility for what we generate in our lives, even if we think it was not our fault. By not playing the victim in any situation, we become better able to recover in all areas of our lives.) A wise woman once said, “Everything happens for me, not to me.”
3. What is the underlying belief that is at play? For instance what were you thinking or believing before the event happened? What was the unconscious impulse?
4. What are the prices you are paying living or behaving this way?
5. What are the prices others pay when you live or behave this way?
6. Take a moment to experience it—you need to be connected to the consequences without shaming or letting guilt be a part of this inquiry—Take a breath and stay in reality. Now leave this event in the past. Let go of it completely.
7. What is your recommitment or commitment going forward? Be specific.
8. Who do you get to be as you move into the future (Examples: I get to be honest; I get to be rigorous with my time; I get to be present; I get to feel my feelings, etc.)
9. What actions will you take going forward? Be specific.
10. Who will you ask to help you to be accountable with these actions? Be specific.(We will do this one together. When you are done, put down your pen)

A

We will now take the last one together. Please close your eyes and connect with your Higher Power. Take a few breaths and tune in. (take about 15 seconds here to let them go in.)

B

1. Ask your Higher Power to remove the compulsion to get drunk on media. Let go of any guilt and shame. This is not a moral issue. Now leave this event in the past. Let go of it completely. (let them visualize this for 30 seconds)

A

We will now open the meeting for (2-3) minute shares on what we wrote. You can read what you wrote or you can share on what you learned by doing the exercise. Please note that we avoid commenting on another person’s share. Timekeeper, will you please let the person sharing know when there is 1 minute left?

The floor is now open. Please raise your virtual hand on Zoom if you would like to share.

The moderator calls on peoples’ raised virtual hands in the order that they were raised. Sharing continues until 26 minutes after the hour when you return to the main meeting.

Thank you all for sharing. We are grateful to have served as your moderators today. We will

now return to the main meeting.

(If members want to stay longer and share, it is the call of the facilitator. As facilitators you are only obligated to lead for 25 minutes. If you choose to stay longer this will be up to you.)

Urge Surfing Worksheet Breakout Room

A

Welcome everyone to the "Urge Surfing" breakout room. I am **A** and I am **B**, and we are recovering members of MAA. Today we are going to show you a set of questions you can answer if you are having the urge to use your bottom-line media. Before we begin, please grab a pen and paper so you can answer the following questions. Who can be our timekeeper today?

B

First of all, when we stop using our alcoholic media, there will be times when we have the urge to use. Sometimes this urge can be strong. This is a normal part of withdrawal and it will pass if we don't pick up our alcoholic media. When we feel the urge we want to track it. We notice what we are thinking and doing when we have the urge to use our media. We first ask our Higher Power to remove the desire and then share it with another person. In this way, we expose our unease and start to see what makes us vulnerable to using media compulsively.

A

Fighting cravings is like trying to fight waves in the ocean, it's smarter to surf over them. Urge surfing means noticing your urges and simply watching them rise and fall like waves, relaxing, while not responding. Urges usually peak between 20 – 30 minutes. If we can ride out the wave, it will pass. We have found that every time we surf the urge without acting on it, we get better and better at urge surfing. Urges will show up less over time, and they also become weaker.

B

Here is a worksheet you can fill out BEFORE you get on media for relief. This is meant to be a breather, a short "time out," a way to transition from one activity to another. **IMPORTANT:** By filling out this worksheet, it doesn't mean you can't use your media. If, when you are done, you still feel you must use your media for any of the above "r" reasons, give yourself permission to do so. If you decide to get on media, you will be doing it consciously rather than unconsciously. But you need to commit to completing the whole worksheet.

A

We will go through the worksheet together. If you don't feel the urge to use your media right now, remember the last time you felt this urge.

1. Close your eyes and take 3 deep breaths in through your nose and exhale through your mouth.
2. Accept how you are feeling right now, accept the compulsion, accept yourself just as you are right now. Accept your life just as it is right now. Don't let yourself judge yourself for feeling this way. Don't attach any judgements you have to this situation.

B

3. Find something to appreciate about yourself right now. It can be something very small, but something you can appreciate that you are doing or have done. Filling out this worksheet can be one of them.
4. Take out a calculator or add on a piece of paper the number of years you have lived on this planet and multiply it by 365. This will give you the approximate number of days you have been living on earth as a human being. Write the number here down (if you want the exact amount of days, figure out how many days since your last birthday and add it to this number)

A

5. Congratulate yourself for making it this far.
6. Sing a song, any song. You don't have to sing it well. Don't sing for longer than 1 minute
Let's all sing a song together (Pick a song)

B

7. Find something humorous about this moment. (It could be the way you just sang your song.)
7. Write for one minute or less on what you are hoping to get from going onto your media. What do you think your media will give you or do for you? Write as much as you can in one minute. (time this)

A

8. Close your eyes for 30 seconds and see yourself on one of your worst binges and media drunk days (or weeks).
9. Did you get what you wanted from media then? Did media give you what it promised?
10. Write for one minute about how you felt after binging on media. What did you think about yourself and your life? (time this)

B

11. Looking at how many days you have been alive from the above number you wrote down, how much of your life so far do you think you have been on media? Make a guess? (1/4, 1/3, 1/2, 2/3, 3/4?) _____. How much of your life have you spent binging on media in the last 10 years?_____
12. Answer this question: Am I WILLING to ASK my Higher Power to remove my compulsion to use media right now?

A

13. Pause for at least 15 seconds and then say the "Serenity Prayer".
14. Ask your Higher Power, in your own words, to remove the compulsion to use your media.
15. Wait and listen. (you can repeat your prayer up to 3 times)
16. Write down at least one thing you are grateful for right now.

B

17. Make a conscious decision right NOW if you will use media or if you won't.

I am deciding to (circle one) **USE** **NOT USE** my media because_____.

18. If you don't use, what wonderful activity will you do instead?_____

_____.

A

19. Go into your heart and listen and see how it would feel doing that activity instead. How it would feel at the end of the day if you didn't succumb to the media. Write down a few sentences of how it would feel _____.

B

20. Move into your life now with clarity and enthusiasm for whatever you decided to do.
21. You can always go back and do these exercises one more time if you feel you need or want to.

If there is time:

We will now open the meeting for (2-3) minute shares on what we wrote. You can read what you wrote or you can share on what you learned by doing the exercise. Please note that we avoid commenting on another person's share. The floor is now open. Please raise your virtual hand on Zoom if you would like to share.

The moderator calls on peoples' raised virtual hands in the order that they were raised. Sharing continues until 26 minutes after the hour when you return to the main meeting.

Thank you all for sharing. We are grateful to have served as your moderators today. We will now return to the main meeting.

(If members want to stay longer and share, it is the call of the facilitator. As facilitators you are only obligated to lead for 25 minutes. If you choose to stay longer this will be up to you.)

Resistance Worksheet for Media Fast Breakout Room

A

Welcome everyone to the "Resistance Worksheet" breakout room. I am **A** and I am **B**, and we are recovering members of MAA. Today we are going to show you a set of questions you can answer if you are having resistance to media fasting. Before we begin, please grab a pen and paper so you can answer the following questions. Who can be our timekeeper today?

B

We all have resistance to recovery. It takes time to reach a bottom where we are willing to do anything to stop the insanity of media. What if you could speed up this process? That is what the Resistance Worksheet helps us to do. To see the reasons why we don't want to give up our alcoholic media. What's in our way? Why do we say we want to stop, but we can't seem to?

A

Please answer the following questions one at a time, using short simple sentences. If you have any questions you can ask them in the chat. We will give everyone 15 minutes to fill out the Resistance worksheet.

(scroll down to chart below)

Goal:	Example: Media Fasting
Start Date:	End Date:
1. Why do I want this Goal?	2. Why don't I want this goal? (If you think you have no resistance, look deeper.)
3. Write one short sentence, what my resistance is to this goal. What is it I am afraid of or what is it that keeps me from enthusiastically committing to my goal?	Example: Media Fasting: "I will NOT be able to handle my feelings if I don't use my media."
4. Can you absolutely know that your statement in #3 is true? (This is a yes or no question only)	5. What are your reactions when you believe this thought in #3?
6. Who would you be and how would you live without this thought?	7. Turn this thought around to the exact opposite. (Example: I WILL be able to handle my feeling if I don't use my media.)
8. Give 3 examples where this opposite statement is just as true as your original statement in #3.	Example: My media upsets me all the time with violence, gossip, compare and despair, if I don't use it, I won't have to deal with these emotions.
9. What are you willing to give up to reach this goal?	10. What are you willing to receive to obtain this goal?
11. What are your liabilities that you need to address?	12. What are the assets you will activate to accomplish your goal?

After 15 minutes

A

We will now open the meeting for (2-3) minute shares on what we wrote. You can read what you wrote or you can share on what you learned by doing the exercise. Please note that we avoid commenting on another person's share. The floor is now open. Please raise your virtual hand on Zoom if you would like to share.

The moderator calls on peoples' raised virtual hands in the order that they were raised. Sharing continues until 26 minutes after the hour when you return to the main meeting.

B

Thank you all for sharing. We are grateful to have served as your moderators today. We will now return to the main meeting.

(If members want to stay longer and share, it is the call of the facilitator. As facilitators you are only obligated to lead for 25 minutes. If you choose to stay longer this will be up to you.)

Media Replacement Plan Breakout Room

A

Welcome everyone to the "Media Replacement Plan" breakout room. I am **A** and I am **B**, and we are recovering members of MAA. Today we are going to show you a set of questions you can answer if you are having resistance to media fasting. Before we begin, please grab a pen and paper so you can answer the following questions. Who can be our timekeeper today?

B

Because many of us use media as our main source of relaxation, reward, and recreation, we need to find other activities that bring us joy and fulfillment. When we stop compulsively using media, there will be a void. It will be difficult to obtain long-term sobriety if we don't have a plan to fill that void. Therefore, a "Media Replacement Plan" is an important system to create as soon as possible so that we will have enjoyable and healthy activities to replace media. Here are some examples. Can I have volunteers to read? Each person read one.

A. Fun, Pleasure, and Relaxation

We write lists of things we love to do for fun, relaxation, and pleasure and post it where we can see it. We share this plan with our sponsor or media sobriety action partner and use these activities daily in place of our electronic media.

B. Connection and Play

We schedule time in our week for play and community. We have often used electronic media as a substitute for true recreation and human connection. We become willing to learn how to play and have more fulfilling relationships with others. When we are with others, we turn off our electronic media and focus on our loved ones.

C. Brain Health Awareness

We exercise our mind in healthy ways whether through study, moderate reading, journaling, or meaningful conversations. We read things that require thought and effort. We may also take classes or workshops to expand our interests and knowledge. We find ways to keep our minds sharp by memorizing phone numbers, poems, etc.—things we used to do before smart phones.

D. Creativity

We take time to nourish our own creativity. This may include participating in artistic endeavors such as writing, visual arts, music, theater, dance, singing, etc., or we may direct that creative process toward whatever endeavors fulfill us.

A

Write a list of 10 things you can do for fun, pleasure and relaxation. (give 3 min to write)

B

Who are three people you want to connect with more? How can you start doing this today? (2 min to write)

A

What are three things you can do to exercise your brain this week? (1 min. to write)

B

What are three things you can do to be more creative in your life? (1 min to write)
Can you begin one of these things this week?

A

We will now open the meeting for (2-3) minute shares on what we wrote. You can read what you wrote or you can share on what you learned by doing the exercise. Please note that we avoid commenting on another person's share. The floor is now open. Please raise your virtual hand on Zoom if you would like to share.

The moderator calls on peoples' raised virtual hands in the order that they were raised. Sharing continues until 26 minutes after the hour when you return to the main meeting.

B

Thank you all for sharing. We are grateful to have served as your moderators today. We will now return to the main meeting.

(If members want to stay longer and share, it is the call of the facilitator. As facilitators you are only obligated to lead for 25 minutes. If you choose to stay longer this will be up to you.)

Daily Body Care Awareness and Adequate Sleep and Withdrawal Plan Breakout Room

A

Welcome everyone to the "Daily Body Care Awareness/Adequate Sleep and Withdrawl Plan" breakout room. I am **A** and I am **B**, and we are recovering members of MAA. Today we are make a plan to take better care of our mental and physical health so recovery is easter. Before we begin, please grab a pen and paper so you can answer the following questions. Who can be our timekeeper today?

B

Media distracts us from taking care of and connecting with our bodies. Our ability to get sober and stay sober from media depends on a good night's sleep. Therefore, we suggest setting a media curfew for ourselves and a regular bedtime. We try to keep electronic media out of the bedroom.

A

During the day we stay connected to our bodies, feeding them nourishing food and getting proper exercise and fresh air. We learn to be fully present in our bodies and take time to ground ourselves in the natural world by getting out into nature without our media.

B

We feed all of our senses, allowing ourselves to experience more beauty and pleasure in our lives. When appropriate we utilize health care & healing providers.

A

Please answer the following questions: (Allow 3 minutes to write)

1. What time to you want to get to bed?
2. What time do you want to get up in the morning?
3. What are three things you can do this month to take better care of your body?

B

Media is a mind altering and mood altering drug. As with any drug there will be withdrawal and detoxification. Withdrawal comes in many forms, such as moodiness, anxiety, lack of sleep, boredom, agitation, etc. Withdrawal from media addiction is easier when you have a plan and when you have sustained support. Therefore we suggest the following actions: We are going to create a compassionate Media Withdrawal plan using this MAA tools as a guide, who would like to read Media Withdrawal Plan?

Media Withdrawal Plan

- a) Sobriety Action Partner: Have a media sobriety action partner you can call on a daily basis.
- b) Ask for Help: If we are craving our media, we first ask our Higher Power to remove the desire and then we call our sponsor or another MAA member.
- c) Out-reach calls: make 2-3 out reach calls to other media addicts a day.

- d) Help someone else: when you feeling down, reach out to someone you can help.
- e) Track your urges: As we abstain from "alcoholic media" we track our urges to uncover the unconscious aspects of our compulsions. We notice what we are thinking and doing when we have the urge to use our media. In this way, we expose our disease and start to see what makes us vulnerable to using media compulsively.
- f) Surf the Urge: Urge surfing is feeling the urge but not acting on it; noticing your urges and simply watching them rise and fall like waves, relaxing, while not responding. Urges usually peak between 20 – 30 minutes. If we can ride out the wave, it will pass. We have found that every time we surf the urge without acting on it, we get better and better at urge surfing. Urges will show up less over time, and they also become weaker.
- g) Fill out the Urge Surfing worksheet. They really help.

(B continues)

We will now take 5 minutes to create a Media Withdrawal Plan for ourselves.

A

We will now open the meeting for (2-3) minute shares on what we wrote. You can read what you wrote or you can share on what you learned by doing the exercise. Please note that we avoid commenting on another person's share. The floor is now open. Please raise your virtual hand on Zoom if you would like to share.

The moderator calls on peoples' raised virtual hands in the order that they were raised. Sharing continues until 26 minutes after the hour when you return to the main meeting.

B

Thank you all for sharing. We are grateful to have served as your moderators today. We will now return to the main meeting.

(If members want to stay longer and share, it is the call of the facilitator. As facilitators you are only obligated to lead for 25 minutes. If you choose to stay longer this will be up to you.)

10th Step Breakout Room

Moderators: You may choose either the Short- or Long Form 10th Step Inventory to use as an example during this breakout room session.

A

Welcome everyone to the "The 10th Step" breakout room. I am **A** and I am **B**, and we are recovering members of MAA. Today we are going to show you an easy way of doing the 10 Step on a regular basis. Who can be our timekeeper today? Let's begin with the 3rd Step Prayer.

THIRD STEP PRAYER:

Higher Power, I offer myself to You, to build with me and to do with me as You will. Relieve me of the bondage of self, that I may better do Your will. Take away my difficulties, that victory over them may bear witness to those I would help with Your Power, Your Love and Your Way of life. May I do Your will always!

B

STEP 10: Continued to take personal inventory and when we were wrong promptly admitted it.

On the screens below, we will be showing you both Short- and Long-Form 10th Step Inventories available on the MAA website in the areas for 1) Open B2B, and 2) Literature - Downloads.

You will notice that the *Short-Form 10th Step Inventory* has two pages—the first is a Resentment Inventory, and the second is a Fear Inventory. On the first page, 1) we name a resentment, 2) identify its cause, 3) list the parts of self that were threatened (such as, self-esteem, pride, ambitions, security, personal relations, sex relations, pocketbook), and 4) look at the nature of our wrongs (e.g, where was I selfish, self-seeking, dishonest, or afraid). On the second page, we examine our underlying fears, and in Column 4, we ask, "*How would God have me be*" in this situation?

As you complete your Tenth Step worksheet, you may find it helpful to refer to the downloadable PDF, titled *The Nature of Our Wrongs*, which provides examples of how selfishness, dishonesty, self-seeking, or fear could be at play.

The *Long-Form* is another option for completing a *Tenth Step Inventory*. It has three parts, each with a set of specific questions. Feel free to use either the Short- or Long-Form worksheets shown below when doing your 10th Steps!

Tenth Step Inventory Part 1 - Resentment

I am resentful at	The CAUSE	Affect My	Exact Nature of our wrongs*
<small>(People, Place, Institution)</small>	Exact reason why I am angry	<p>SELF -ESTEEM I am... or I should be...</p> <p>PRIDE</p> <p>AMBITIONS I want...</p> <p>SECURITY I need...</p> <p>PERSONAL RELATIONS Men / women are... or men or women should be...</p> <p>SEX RELATIONS my husband / Boyfriend is... or my wife/girlfriend should be...</p> <p>POCKETBOOK</p>	<p>Where was I:</p> <p>SELFISH (attitude)</p> <p>SELF-SEEKING (action / acting on my own behalf)</p> <p>DISHONESTY (what is the story / lie I am telling myself?)</p> <p>AFRAID (frightened/FEAR)</p>
<small>Bottom pg. 44 / Ex. pg. 45 to complete resent. Inventory</small>	<small>Bottom pg. 44 / Example pg. 45</small>	<small>pg. 45 / Example pg. 45</small>	<small>page 47 / please read pg. 44 & 47</small> *See The Nature of Our Wrongs form for examples

SICK MANS PRAYER "Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended, we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done." pg. 67

Tenth Step Inventory Part 2- Fear

Name the FEAR	Why do I have this fear?	Has self reliance failed?	How would God have me be?
<small>Read page 68 instructions for FEAR</small>	<p>If this happens then what?</p> <p>Is there a historical reason for it?</p>	<p>Yes / NO</p> <p>How have I relied on myself?</p>	
<p>Prayer</p> <p><small>Read page 76. " step 6 and 7 When ready, we say something like this: "My creator I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go from here to do your bidding. Amen."</small></p> <p><small>"We resolutely turn our thoughts to someone we can help. Love and tolerance is our code." (Page 84 BB)</small></p>			

Harms done / Amends

Read page 68 instructions for steps 8 and 9

Did I cause harm?

Do I owe an amends?

My Part - The Nature of Our Wrongs

SELFISH

- They didn't follow my script
- They/It should've...
- Not seeing others' point of view, problems or needs
- Wanting things my way
- Wanting special treatment
- Wanting others to meet my needs – dependence
- Thinking I'm better – grandiosity
- Wanting what others have
- Wanting to control – dominance
- Wanting to be the best
- Thinking others are jealous
- Wanting others to be like me
- Being miserly, possessive
- Wanting more than my share
- Reacting from self loathing
- Reacting from self righteousness
- Too concerned about me
- Not trying to be a friend
- Wanting to look good or be liked
- Concerned only with my needs

DISHONEST

- Not seeing or admitting where I was at fault
- Having a superior attitude, thinking I'm better
- Blaming others for my problems
- Not admitting I've done the same thing
- Not expressing feelings or ideas
- Not being clear about motives
- Lying, cheating, stealing
- Hiding reality – not facing facts
- Stubbornly holding on to inaccurate beliefs
- Breaking rules
- Lying to self
- Exaggerating, minimizing
- Setting myself up to be "wronged"
- Expecting others to be what they are not
- Being perfectionist

SELF-SEEKING

- Manipulating others to do my will
- Putting others down internally or externally to build me up
- Engaging in character assassination
- Acting superior
- Acting to fill a void
- Ignoring others' needs
- Trying to control others
- Getting revenge when I don't get what I want
- Holding a resentment
- Acting to make me feel good
- Engaging in gluttony, lust, shopping, etc.

FRIGHTENED

- Peoples' opinions
- Rejection, abandonment
- Loneliness
- Physical injury, abuse
- Not being able to control/change someone
- My inferiority, inadequacy
- Criticism
- Expressing ideas or feelings
- Getting trapped
- Exposure, embarrassment

Long Form 10th Step Inventory below...

Moderators: You may choose either the Short- or Long Form 10th Step Inventory to use as an example during this breakout room session.

Long Form 10th Step Inventory -

INSTRUCTIONS

Please fill out this worksheet when you find resentments cropping into your day. After you have filled it out, call your sponsor or another member of MAA and give your Tenth Step away to them. Remember we cannot afford to hold onto resentments and fear. If we do, we may lose our sobriety.

I have a resentment towards _____

(If a question doesn't apply you can skip it)

PART I —The Inventory

- Why do you resent this person?
- What is your reaction when you have this resentment?
- Where do you feel it in your body?
- Are you thinking only of yourself and your own happiness in this situation?
- Were you inconsiderate of others?
- Were you inconsiderate of yourself?
- Where did you feel the fear of losing something or not getting what you want?
- Where did you try to play God and be in control?
- Where were you dishonest with yourself?
- Where were you dishonest with others?
- Where have you blamed others?
- Where have you blamed yourself?
- Where did you feel superior?
- Are you feeling shame or low self-esteem?
- Did you feel you wanted something that didn't belong to you? (Where did you envy?)
- Did you procrastinate or avoid taking action?

Are you willing to have God remove these liabilities and replace them with assets? If so, answer the following questions:

PART 2 — The removal of liabilities:

- What would this situation look like if you had Faith in God?
- What would this situation look like if you had Faith in yourself?
- What would this situation look like if you had Faith in the other person or institution?
- What would this situation look like if you had consideration for yourself?
- What would this situation look like if you had consideration for the others?

- What would this situation look like if you were not blaming yourself or others?
- What would this situation look like if you were honest and authentic? (With yourself? With others?)
- What would this situation look like if you had humility? If you felt self-esteem? If you saw yourself and others as equal?
- What would this situation look like if you felt you were worthy? If you saw them as worthy?
- What would this situation look like if you felt acceptance?
- What would this situation look like if you felt the energy and willingness to take action?
- Where can you be generous in this situation? Where can you give your love, your gifts to the others and not hold back? Where can you give the gift of "live and let live" to the other people?
- Where can you find gratitude for this situation? What useful lessons can you learn from this situation?
- Are you willing right now to forgive every person involved in this situation for everything you believe they did to you?
- Are you willing right now to forgive yourself for carrying this resentment or fear?

Part 3 — After reading your 10th Step to someone else:

- Discuss if you have any wrongs to set right and any amends to make to this person and to yourself.
- Make a short list of amends.
- Do what you can today to make it right. Don't wait unless it is absolutely necessary.
- Now turn to someone you can help today?

B

We suggest reading this 10th Step to your sponsor, action partner, 10th Step buddy or trusted person.

A

We will now open the meeting for (2-3) minute share on what you wrote on the 10th step. Please note that we avoid commenting on another person's share. The floor is now open. Please raise your virtual hand on Zoom if you would like to share.

The moderator calls on peoples' raised virtual hands in the order that they were raised. Sharing continues until 26 minutes after the hour when you return to the main meeting.

B

Thank you all for sharing. We are grateful to have served as your moderators today. We will now return to the main meeting. But before we do, who would like to lead us in the 7th Step Prayer?

(If members want to stay longer and share, it is the call of the facilitator. As facilitators you are only obligated to lead for 25 minutes. If you choose to stay longer this will be up to you.)

Seventh Step Prayer:

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen.
