

Primary Purpose Group of Media Addicts Anonymous (PPG MAA)

Let's take a moment of silence to meditate and invite God into our meeting. We'll follow that with the Serenity Prayer.

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

MAA Preamble

Media Addicts Anonymous is an international fellowship of individuals who, through shared experience, strength, and hope, come together to find relief and recovery from media addiction. We welcome everyone who wants to stop using media compulsively. There are no dues or fees for membership; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. MAA 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.

(Introduce yourself)

Welcome to the Primary Purpose Group of Media Addicts Anonymous. We meet every Monday at 11:30 AM ET for one hour.

This is an open meeting and as such all who have an interest in media addiction and our program of recovery are welcome. While this is an open meeting, membership in this group is limited to those who suffer from media addiction and have a desire to stop compulsively using media for good and all.

Each MAA group ought to be a spiritual entity having but one primary purpose: that of carrying the message to the media addict who still suffers. This is our primary spiritual aim. Our job as a group is to provide people with a place to learn about and work the steps. It has been our experience that working the steps consistently provides us with a better saner life. We consider all else to be an outside issue. This includes personal problems. The proper venue for sharing such problems is with a sponsor. This is, after all, where real recovery takes place—in working the steps with a sponsor.

Who would like to read the 12 steps of MAA?

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.

Primary Purpose Group of Media Addicts Anonymous (PPG MAA)

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)

Thank you _____ for reading.

The first part of our meeting will be the foundation portion of our meeting when the moderator reads and summarizes the first 3 steps from the Big Book. During the second half members read and discuss the first 164 pages of the BB. There will be time after the meeting for questions.

FOUNDATION HIGHLIGHTS

1. Title Page:

- a. The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism

2. Preface pg. xi

- a. Because this book has become the basic text for our Society and has helped such large numbers of alcoholic men and women to recovery, there exists strong sentiment against any radical changes being made in it.

3. Foreword to the First Edition pg. xiii

- a. We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics *precisely how we have recovered* is the main purpose

Primary Purpose Group of Media Addicts Anonymous (PPG MAA)

of this book. For them, we hope these pages will prove so convincing that no further authentication will be necessary. We think this account of our experiences will help everyone to better understand the alcoholic. Many do not comprehend that the alcoholic is a very sick person. And besides, we are sure that our way of living has its advantages for all.

4. Foreword to the Second Edition pg. xx

Of alcoholics who came to A.A. and really tried, 50% got sober at once and remained that way; 25% sobered up after some relapses, and among the remainder, those who stayed on with A.A. showed improvement. Other thousands came to a few A.A. meetings and at first decided they didn't want the program. But great numbers of these—about two out of three—began to return as time passed.

5. Doctor's Opinion pg. xxviii

- a. We believe, and so suggested a few years ago, that the action of media on these chronic media addicts is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all...
- b. Frothy emotional appeal seldom suffices. The message which can interest and hold these media addicts must have depth and weight. In nearly all cases, their ideals must be grounded in a power greater than themselves, if they are to re-create their lives.
- c. Men and women use media compulsively essentially because they like the effect produced by media use. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the truth from the false. To them their media addiction lifestyle 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 taking a few clicks - clicks which they see others taking with impunity. 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 use their alcoholic media again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.

Primary Purpose Group of Media Addicts Anonymous (PPG MAA)

- d. Once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for media, the only effort necessary being that required to follow a few simple rules.

6. Pg. 23

These observations would be academic and pointless if our friend never took the first click, thereby setting the terrible cycle in motion. Therefore, the main problem of the media addict centers in his mind rather than his body.

7. Pg. 24

- a. *The fact is that most media addicts, for reason yet obscure, have lost the power of choice in media use. Our so-called will power 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. When this sort of thinking is fully established in an individual with media addiction tendencies, he has probably placed himself beyond human aid, and unless locked up, may die or go permanently insane. These stark and ugly facts have been confirmed by legions of alcoholics throughout history.

8. Pg. 25

If you are as seriously a media addict as we were (alcoholics), we believe there is no middle-of-the-road solution. We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help.

9. Pg. 43

Once more: The media addict at certain times has no effective mental defense against the first click. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power.

10. Pg. 45

Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how were we to find this Power?

Primary Purpose Group of Media Addicts Anonymous (PPG MAA)

Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem.

11. Pg. 47

We needed to ask ourselves but one short question. "Do I now believe or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

12. Pg. 60

- a. Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:
 - (a) That we were media addicts and could not manage our own lives.
 - (b) That probably no human power could have relieved our media addiction.
 - (c) That God could and would if He were sought.

Being convinced, *we were at Step Three*, which is that we decided to turn our will and our life over to God as we understood Him. Just what do we mean by that, and just what do we do?

AFTER FOUNDATION

We would like to recognize newcomers. If you are new to this meeting or new to MAA, please raise your electronic or manual hand and the moderator will call on you so you can announce your name and phone number if you choose, so that we may welcome you. Also, if you feel comfortable doing so, please let us know where you are calling from, including time zone and state, and country code if you are outside the U.S.

You can also type your contact information into the chat.

A sponsor is anyone who has had a psychic change as a result of working the steps and has the willingness to work with others. For those looking for a sponsor to guide them through the steps, please stay tuned and have your pens ready to record phone numbers immediately after the meeting.

Our group conscience has elected to use the Big Book of Alcoholics Anonymous as its basic text. Time and experience have proven it to be the most successful approach to the steps no

Primary Purpose Group of Media Addicts Anonymous (PPG MAA)

matter what the addictive problem may be. We also know it to be the purest 12 step document in existence. **The purpose of this meeting is to extract the precise instructions for working the steps.** So, during this meeting we aim for the humility to stick to the passage being read and try to find the clear-cut directions it contains. We avoid talking about opinions, thoughts, theories, ideas and personal experiences. If you have worked the steps for compulsive media use with a sponsor doing specifically what the Big Book says and had the promised spiritual awakening, then we would really like to hear your insights into these directions. If you have not yet worked the steps, we ask that you be willing to listen.

Give the page number and paragraph we are up to.

I would like to reiterate that if anyone is not familiar with the way our group shares on this meeting or has not worked the 12 steps with a sponsor, we ask that you have the humility to listen for today. In this meeting we speak in the format of WE and US like the Big Book was written. We do not share our personal experiences or opinions. If any one is off this track I will kindly interrupt and redirect you. Thank you for understanding.

We need a timekeeper for this meeting. Timekeeper please give each speaker 3 minutes. When you hear time, please rap up your share.

After Big Book study has completed, 5 minutes before the end of the meeting.

Who would like to read the 10th step promises from page 84 in the Big Book.

Pg. 84 – 10th step promises

And we have ceased fighting anything or anyone---even media. For by this time sanity will have returned. We will seldom be interested in our alcoholic media. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward our alcoholic media 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 had 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.

Thank you ____ for reading.

Now let's have a moment of silence for the media addict who still suffers followed by the Serenity prayer (**prayer can be of moderator's choice**) or a prayer of your own choosing said in silence.

Are there any newcomers that did not get a chance to introduce themselves? Please do so now.

At this time, any available recovered sponsors who have worked the steps for compulsive media use with a sponsor doing specifically what the Big Book says and had the promised spiritual awakening can leave their contact information, and please include your time zone and state, or country if calling internationally.

Does anyone have any questions?