

**THERE IS A SOLUTION MEETING FORMAT
ONE SPEAKER (50-MINUTE QUALIFICATION)
Saturday 2:00 pm to 3:30pm ET**

Conference Call Number: 978-990-5000

Access code: 385988#

International phone numbers may be found here:

<https://www.mediaaddictsanonymous.org/free-international-calls>.

Moderators, Speakers, and Dashboard Operator: Thank you for your service. Please plan to dial into the conference call 10-15 minutes before the start of the meeting.

Instructions are in italicized, red font here and throughout the document. To ensure the meeting flows smoothly, please familiarize yourself with the script before the meeting starts.

Moderator: Know when the next cycle of Back-to-Basics begins to announce it at the end of the meeting. Before the meeting starts, ask for two members to read (1) The Opening (Set Aside) Prayer and (2) The Closing (Third Step) Prayer. Please ask them to be ready by accessing the online script now at <https://www.mediaaddictsanonymous.org/meetings>, under "2:00pm ET There Is a Solution phone meeting," and opening the format for this meeting. Please be prepared to use a timer at appropriate intervals during this meeting.

*Also please remember to time the speaker, even if they say they will time themselves. Remind people to **press *6 to unmute** their mics whenever there is a long pause before the next qualifier or before someone is next to ask a question.*

Dashboard Operator: (1) Please mute **all** phone lines before the meeting starts by **pressing *5**. (2) After readers are selected and all phone lines are muted, start the recording by **pressing *9**. (3) As soon as the meeting ends, please send the MAA Technology Coordinator the name of today's speaker. Please check the spelling of their name and include their **last initial**.

Touch Tone Phone Commands for Dashboard Operator:

- *2 – get participant count
- *5 – mass mute of all the participants
- *6 – only for participants to mute and unmute their microphones
- *8 – turn off entry and exit tones
- *9 – start recording and stop recording

Today is (date with year). This meeting is being recorded and will be posted on the Media Addicts Anonymous website at [mediaaddictsanonymous.org](https://www.mediaaddictsanonymous.org).

Welcome to our Saturday “*There is a Solution*” meeting of Media Addicts Anonymous, where a speaker will share their experience, strength, and hope with those of us who are interested in recovering from media addiction. My name is (Name), and I am a media addict in recovery. I will moderate today’s meeting and introduce our speaker.

Thank you all for being here and welcome to our fellowship, where we have found a solution to the media problem that works. So that you may focus and fully absorb our speaker's message, we ask that you please put down all unnecessary devices.

We have asked [\(Name\)](#) to start us off with the **Set Aside Prayer**.

God, please help us set aside everything we think we know about ourselves, our problems, our addictions, and about you. We ask that we may have an open mind and an open heart so we might have a new experience with these things. Help us to see the truth, so that we might learn to live our lives on a spiritual basis and be restored to sanity. Amen.

Thank you, [\(Name\)](#).

We begin our meeting by reading from Chapter 2 of the *Big Book of Alcoholics Anonymous*—our guide for recovery from hopeless media addiction. To better understand how media addiction is just like alcoholism in its effects, I will substitute the words *alcohol* and *alcoholism* with *media* and *media addiction*.

THERE IS A SOLUTION

We, of [Media Addicts Anonymous] ... are average [people from all parts] of [the world].... [M]any ... occupations are represented [here], as well as many political, economic, social, and religious backgrounds. We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful.

We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade.... The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined.

The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in [love] and harmonious action. This is the great news this book carries to those who suffer from [Media Addiction].

If you are as seriously [Media Addicted] as we were, 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. This we did because we honestly wanted to and were willing to make the effort.

... We hope no one will consider these self-revealing accounts in bad taste. Our hope is that many [media addicts], desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, "*Yes, I am one of them too; I must have this thing.*"

We are excited to share with you our solution today—a way to be happy, joyous, and free, which does not include using media. We have with us **a recovering member** who has completed three months in our Back-to-Basics program. Everyone will have a chance to ask them a question later, so please grab a pen and paper.

To keep this meeting safe and to avoid triggering addictive media use, we refrain from naming media titles, discussing specific media content, or making reference to current events.

It is my pleasure to introduce [\(Name\)](#), who is here to share their experience, strength, and hope with us. *[Moderator: Take up to three minutes to say something about the speaker.]*

[After your introductory remarks] I will now turn the time over to our speaker. [\(Name\)](#), you have up to **50 minutes** for your qualification. Would you like to time yourself or would you rather I time you? *[Pause. If they say, they'd rather you keep time, ask:]* “How would you like me to cue you on time?”

[After they respond] OK, please go ahead, [\(Name\)](#). *[Moderator should serve as a backup timekeeper to make sure the speaker does not go beyond 50 minutes.]*

[After the speaker qualifies] Thank you, [\(Name\)](#) for your wonderful qualification.

After the Seventh Tradition and announcements, we will begin our Question and Answer portion of the meeting, where participants will have an opportunity to ask [\(Name\)](#) a question. We will now pause for one minute so you may reflect upon [\(Name's\)](#) message and write your questions. You may begin. *[Time for 1 minute of silence.]* That's time. Thank you.

Seventh Tradition and Announcements

MAA has no dues or fees. We are self-supporting through our own contributions. Contributions can be made via credit card, debit card, or PayPal on the MAA website at mediaaddictsanonymous.org/donate. Please give what you can, and if you can give nothing at this time, keep coming back. You are more important than your money.

On the first and third Saturday of the month, this meeting has one or more speakers, who have completed three months, in our Back-to-Basics program. On the second and fourth Saturdays, we have two or more members who have finished their first month of Back to Basics share their experience with fasting from all unnecessary media while working all 12 Steps. Four times a year, on the fifth Saturday, we hold special format meetings.

The Back-to-Basics program is an adjunct structure of MAA, developed to help members to more quickly recover from media addiction. It consists of Big Book Step Studies, designed to allow members to get sober from compulsive media use in a small, stable, and safe group setting. Back-to-Basics Step Study groups meet five times per week, and members fast from all unnecessary media, while completing all Twelve Steps of MAA with the support of a sponsor.

The complete program consists of three four-week cycles. To join a Back-to-Basics Step Study, please submit an online application form at mediaaddictsanonymous.org/intergroups. More details on the program's structure and requirements can be found there.

We also have open Back-to-Basics groups, which meet once a week. Fasting is not required, and participants complete all 12 Steps in about four months. Everyone is welcome to attend, whether you have completed a closed Back-to-Basics program or never participated in one. Details can be found on the MAA website.

Media Addicts Anonymous is a growing 12-Step fellowship, founded in 2020. We hope you have already or will soon decide to join our fellowship, commit to your recovery, and support our

meetings. At the end of this meeting, we will stop the recording and share phone numbers for member outreach.

Questions and Answers:

We will now open the meeting up to those who have questions for our speaker. If you have a question for **(Name)**. If you would like to ask a question, please press *6 to unmute your phone and state your name. I will take down some names and will call on you when your turn comes.

*[Moderator: As you gather names from volunteers with questions, please repeat them so they know you heard them to confirm that you heard them. Moderator: This is a time for **questions only**. If people share their experience rather than ask a question or take too long to lead up to their question, please encourage them to be brief, so others may have a chance to participate. And again, if there is a pause when you call on someone to ask their question, please say:]* Please press **star-6 (*6)** to unmute your phone.

Wrap Up at 3:25 ET.

That is all the time we have for questions. We will end this meeting with another passage from the Big Book.

Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.

Thank you all for joining us today. The opinions expressed here are strictly those of the individuals who shared them. The things we have heard were spoken in confidence and should be treated as confidential. Let there be no gossip or criticism of one another. Rather, let us all reach out to each other with understanding, love, and the spirit of fellowship.

We have asked **(Name)** to close this meeting with the **Third Step Prayer**, after which we will stop the recording, welcome newcomers, and share phone numbers.

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

Dashboard Operator: Stop the recording: Press the Record (toggle) button on the online Dashboard or press *9 if you are on the phone.

Moderator:

- *Ask the speaker if they would like to share their phone number.*
- *Announce: "The next session of Back to Basics starts on Friday, **(date)** with a 90-minute Commitment Meeting."*

- *Ask if there are any newcomers who would like to introduce themselves.*
- *Ask if anyone would like to leave their phone number for outreach.*

Thank you all for joining us today and thank you all for giving service. Have a great weekend!

END OF MEETING

Dashboard Operator:

As soon as the meeting ends, please send the MAA Technology Coordinator the name of today's speaker. Please check the spelling of their name and include their last initial.