**Four-Week Sponsorship Plan**

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

**Media Recovery UA**

—**Week Four—**

**Please bring your visual conception of your HP to the Monday Meeting.**

The following are daily writing prompts from the Media Recovery UA Tools, Big Book of AA and the Back to Basic script. Please use these prompts to write about your compulsive media addiction. Write for at least 15-30 minutes a day.

**Day 1 (MONDAY ASSIGNMENT) - Please write on the following paragraphs in the Big Book:**

**Because we could not connect to important people in our lives, we found other "things" that felt safe or good to connect to, like food or drugs. Searching for love, purpose and safety, we media addicts compulsively sought satisfaction through the many sources of media. Electronic screens became our mother, our father, our friend, our lover, and even our Higher Power.**

**In Step Eleven we become open to connecting and experiencing the love from our Higher Power.**

**By continuing to make amends we learn how to get along with and appreciate REAL people.**

**As you share this program with other Media Addicts, work with a sponsor and/or sharing partner, you will find a place of belonging.**

**“When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life?”**

**“On awakening, let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.”**

**“In thinking about our day, we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don’t struggle. We are often surprised how the right answers come after we have tried this for a while.”**

**“We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only."**

**“As we go through the day, we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.”**

**DAY 2 - (TUESDAY ASSIGNMENT)**

**PART 1: Please write and explore your thoughts on the following:**

Step 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.

Step Eleven asks us to do three things:

* + 1. To improve our conscious contact with our Higher Power through prayer and meditation.
    2. To pray only for knowledge of our Higher Power's will for us.
    3. To be given the power to carry out the Will of God.

Seven words stand out in the 11th Step that we need to understand before we proceed. They are Prayer, Meditation, Conscious, Contact, Knowledge, Power, God's Will.

"Prayer" is a solemn request for help or expression of thanks addressed to a Higher power.

"Meditation" is the act of contemplation, quiet reflection, concentration, and stilling the mind.

Being "Conscious" is having knowledge or awareness of something.

"Contact" is the state or condition of communicating, connecting, or meeting with another.

"Knowledge" is the realization, perception, and understanding, of a given subject.

"God's Will" is a personal directive given from a Power greater than yourself for the highest good of all.

"Power" is the ability to do something or act in a particular way with potency and strength.

**PART 2: Create your daily quiet time practice using the suggestions below (these are only suggestions, create something that feels right to you).**

* 1. Have a private, clean, quiet place to practice.
  2. Have a notebook or diary used specifically for your two-way prayer sessions.
  3. Schedule set times of the day to practice so you get into the habit of making this a special daily connection.
  4. Set a time limit so that your quiet time has a beginning middle and an end.
  5. Begin by picking the prayers you want to use in each of the three quiet time sessions. (A list of suggested prayers are below or create your own)
  6. Decide if you want to use music, chanting, singing, or any other tools to get closer to your Higher Power
  7. Fill in your plans below to create your personal evening, morning and midday quiet time practices.
  8. Enjoy and look forward to spending time with your Higher Power.

Evening Quiet Time

Time of day:

Length of practice:

Opening (Invocation):

Prayers:

Meditation:

Closing:

Morning Quiet Time Practice:

Time of day:

Length of practice:

Opening (Invocation):

Prayers:

Meditation:

Closing:

Midday Quiet Time Check in:

Time of day (Set a timer to remind you):

Length of practice:

Opening (Invocation):

Prayers:

Meditation:

Closing:

List of Possible Prayers or create your own (we suggest memorizing your prayers so you can call them up at any time):

Serenity Prayer:

"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Second Step Prayer:

"Dear Higher Power, please help me set aside everything I think I know about myself, my problems, and about you. I ask that I may have an open mind so I might learn to live my life on a spiritual basis. Please help me see the truth so I can be restored to sanity. AMEN."

Third Step Prayer:

“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!”

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.”

A 10th Step prayer for Growth and Effectiveness:

"God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Higher Power, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen"(84:2)

A Prayer On Awakening:

"God please direct my thinking and keep my thoughts divorced from self – pity, dishonest or self-seeking motives. Lord, please keep my thought life clear from wrong motives and help me employ my mental faculties, that my thought-life might be placed on a higher plane, the plane of inspiration." (86:2)

An 11Th Step Morning Prayer:

"God, should I find myself agitated, doubtful or indecisive today, please give me inspiration, help me to have an intuitive thought or a decision about this problem I face. HP, help me not to struggle, instead, help me to relax and take it easy. Help me know what I should do and keep me mindful, that you are running the show. HP, free me from my bondage of self. Thy will be done always." (86:3)

The Prayer of Saint Francis

Lord, make me an instrument of thy peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

O divine Master, grant that I may not so much seek

To be consoled as to console,

To be understood as to understand,

To be loved as to love;

For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in dying to self that we are born to eternal life.

**DAY 3 - (WEDNESDAY ASSIGNMENT)**  **Please write and explore your thoughts on the following:**

Step 12 has three different parts. Here they are:

* + - * The first part of Step 12 is the declaration that we have had a spiritual awakening.
      * The second part of Step 12 requests us to carry this message of hope to others who are suffering from media addiction, just like we were.
      * The Third part of Step 12 is to practice the principles of the 12 Steps in all the affairs of our life.

[We] finally realize that [we\ have undergone a profound alteration in [our] reaction to life; that such a change could hardly have been brought about by [ourselves] alone. What often takes place in a few months could seldom have been accomplished by years of self-discipline. With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.”

“Most of us think this AWARENESS of a Power greater than ourselves is the ESSENCE of spiritual experience. Our more religious members call it ‘God-consciousness’.”

“Practical experience shows that nothing will so much insure immunity from [binging on media] as intensive work with other [media addicts]. It works when other activities fail. This is our twelfth suggestion: Carry this message to other [media addicts]! You can help when no one else can. You can secure their confidence when others fail.”

"In our belief any scheme of combating [media addiction] which proposes to shield the [addict]from temptation is doomed to failure. If the [media addict] tries to shield [themselves they] may succeed for a time, but [they] usually wind up with a bigger explosion than ever. We have tried these methods. These attempts to do the impossible have always failed."

"If you answer these questions satisfactorily, you need have no apprehension. Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive in [getting on media] is thoroughly good. Do not think of what [kind of hit] you will get out of the [media]. Think of [how you will use it to further your Higher Power's purpose for you]. But if you are shaky, you had better work with another [media addict] instead!"

"After all, our problems were of our own making. [Smart phones] were only a symbol. Besides, we have stopped fighting anybody or anything. We have to!"

**DAY 4 - (THURSDAY ASSIGNMENT)**

**1.** Write on how you will apply the following BB message to your Media Sobriety:

"We absolutely insist on enjoying life. We try not to indulge in cynicism over the state of the nations, nor do we carry the world’s troubles on our shoulders…So we think CHEERFULNESS and LAUGHTER make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn’t we laugh? We have RECOVERED, and have been given the power to help others."

**2.** Please write about how are you planning on using these principles going forward in your Media Sobriety Program (refer to Session 4 Format for more information):

1. HONESTY-ACCEPTANCE
2. FAITH-BELIEF
3. FAITHFULNESS-GUIDANCE
4. COURAGE-CLARITY
5. CONFESSION-FREEDOM,
6. WILLINGNESS- SURRENDER
7. HUMILITY- UNITY,
8. CONSIDERATION-FORGIVENESS
9. INTEGRITY, PEACE
10. PERSEVERANCE-TRANSFORMATION
11. AWARENESS-KNOWLEDGE-POWER
12. GENEROSITY-GRATITUDE
13. CHEERFULNESS -LAUGHER

**3.** Take all of your writing and put it together in one document that tells your history of being a media addict and the journey of recovery you have just taken. Use your daily writing assignments as part of this story to show your journey through the steps and the recovery process. If you are willing to allow your story to be published, please send it to me with your permission.

**4.** Please be prepared to qualify for 10 minutes in our final 1 hour meeting. If you feel comfortable, we will record your qualification and put it up on our MAA website.

**Assignments going forward:**

1. Go through this *Back to Basics* process two more times WITH a sponsor or AS a sponsor—or WITH an action partner; do this right away without a break.
2. Sponsor at least 3 people by taking them through the *Back to Basics* and Media Fast Process. Share the message when you can.
3. Qualify at least once a month at a Media Recovery UA meeting.
4. Attend at least one Media Recovery Meeting a week, but if you can attend 3 that is better (you can also use the ITAA meetings as well (see MAA website for links) as well as sharing your Media Recovery in UA and other meetings—spread the message.
5. Stay in touch with your action group on a daily basis.
6. Listen to all the *Back to Basics* recordings regularly. If you are feeling you want to break your sobriety, make a phone call and then listen to a session instead. Or start the day with a section of the B2B meeting as part of your daily literature.
7. Continue to use two-way prayer on a daily basis.
8. Use ALL the Media Recovery tools daily.
9. Give service at the meetings. Volunteer to moderate and be on the dash board.
10. Go to business meetings to support the group and help build them up.
11. Use the principles of Confession and Freedom to stay on track. If you have a slip tell someone right away and then simply resume. Ask yourself what you were thinking beforehand. Journal about it. Then work with another media addict and be of service.
12. This is the most important assignment: HAVE FUN EVERY DAY! Enjoy your life. Insist on abundant living by using your media replacement plan.

Love to all,

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