Media Addicts Anonymous

BEFORE AND BEYOND BACK-TO-BASICS

Open Big Book Step Study Group

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**Module Two Homework Assignments**

**Module 2, Meeting 1**

1) Spend 15 minutes a day walking outside without your phone on or any other media. This quiet time will give you a chance to be with Nature and your Higher Power.|

2) Spend 15 minutes a day, Monday through Friday, writing on the Step Two prompts listed below. They are all quotes from the Big Book of Alcoholics Anonymous.

**Prompt 1: “…deep down in every man, woman and child, is the fundamental idea of God…in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of that power in human lives, are facts as old as man himself.”**

How would you describe your faith and belief in a Higher Power?

**Prompt 2: “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].”**

Has this happened to you? Would you call this plain insanity? How will you find a defense to stop you from taking that first click?

**Prompt 3: In Step Two we learned the Set Aside 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 to see the truth so I can be restored to sanity. Amen.***

What are any of your ideas about yourself, your problems, and your Higher Power that you may need to set aside or question?

**Prompt 4:** “**The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. [God] has commenced to accomplish those things for us which we could never do by ourselves.”**

Look back over your life and write about any instances in which your Higher Power has done for you what you could not do for yourself.

**Prompt 5:**

**“When we became media addicts, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else** **[God] is nothing. God either is, or** **[God] isn’t. What was our choice to be?”**

What fears have you encountered in considering this choice? How have those fears affected your media addiction? Would it be easier to let go of compulsively using media if you let go of those fears?

3) When finished with your writing, read it to your sponsor, co-sponsor, action partner, or fellow member of MAA.

**Module 2, Meeting 2**

1) Practice sleep reverence by setting a time to go to bed and a time to wake up every day. By doing so, you will have more emotional energy to work the Steps and stay media sober. Share these pre-set times with your sponsor, co-sponsor, action partner, or fellow member of MAA to stay accountable.

2) Establish a media curfew time by setting a time to be off all media at the end of the day and the time you will start media at the beginning of the day. Discuss this media curfew strategy with your sponsor, co-sponsor, action partner, or fellow member of MAA.

3) Spend 15 minutes daily, Monday through Friday, writing on the Step Three prompts listed below. When finished, read them to your sponsor, co-sponsor, action partner, or fellow member of MAA.

**Prompt 1:** Are there any places where you feel closed off to spiritual concepts or have an attitude of intolerance or resistant denial? If so, where can you keep an open mind and have willingness?

**Prompt 2:** Have you accepted the fact that there is a Higher Power who can restore you to sanity, yet you are uncomfortable about making a decision to turn your will and your life over to that Higher Power’s care? What are your concerns?

**Prompt 3:** Write about one or more memorable experiences of playing the “director,” expecting others to follow your direction. How did they react to your directions? How did you react when they resisted?

**Prompt 4:** Have you felt guided by your Higher Power to do something you did not feel ready to do? What happened?

**Prompt 5:** How has having faith in your Higher Power helped you to have faith in yourself? Do you believe your Higher Power has faith in you?

**Module 2, Meeting 3**

1) Here are some suggestions on how to strengthen your relationship with your Higher Power. If it is difficult for you to connect to a Higher Power, try to set aside everything you think you know and, instead, create One of your own that you can personally relate to. You might consider some of the following ideas:

* Higher Power is always with you.
* Higher Power cares for you and loves you unconditionally without limits.
* Higher Power has a plan for your life and a solution for every problem you face.
* Higher Power knows everything, can do anything, and can be everywhere at the same time.
* You can't see or touch Higher Power, but this Power can touch you, is with you, and is all around you.
* Higher Power is in you right now—in your body and your heart.
* Higher Power will tell you all you need to know but may not tell you all you want to know.
* Higher Power will help you carry out anything that Higher Power inspires you to do.

2) Practice Two-Way Prayer for 15 minutes a day. By creating a daily quiet time, “You can discover for yourself the most important and practical thing any human being can ever learn—how to be in touch with a Power greater than yourself. All that is needed is the willingness to try it honestly. Every person who has done this consistently and sincerely has found that it really works.” (For detailed steps to this process, see document entitled “How to Listen to God” on the [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org) homepage under Open Back-to-Basics Step Study, Module Two*.*) Try to keep the same time each day as you will need this regular contact with your Higher Power as you go through the rest of the Steps and live in recovery.

3) Listen to a guided Two-Way Prayer meditation with your choice of a male or female voice available on the [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org) homepage in the menu bar across the top under Intergroups / Resources.

**Module 2, Meeting 4**

1) Fill out the *B2B Fourth Step Inventory Short Form – Resentments* and make an appointment to read it to your sponsor, co-sponsor, activity partner, or fellow member of MAA. [Note: If you have already completed both the *Resentments* forms and given them to your sponsor, co-sponsor, action partner, or a fellow member of MAA, fill out the *B2B Fourth Step Inventory Short Form – Fears,* and if you have finished with the *Fears* section*,* fill out *B2B Fourth Step Inventory Short Form – Sex Conduct and Fantasy.* In this way, over time, you will have completed the entire Fourth Step. If you are on the *Fear* part, read document entitled “*Thoughts on Fear*” or if you are on the *Sex Conduct and Fantasy* part, read document entitled “*Thoughts on Shame and Guilt.*” Both documents are on the [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org) homepage under Open Back-to-Basics Step Study, Module Two.]

2) Make 3 outreach calls this week to other members in this group or the MAA fellowship. Writing a Fourth Step brings up difficult feelings we have been trying to avoid by compulsively using media. Reaching out to others assures us that we won’t feel alone and fall into self-pity.

3) Make an appointment to read your Fourth Step to your sponsor, co-sponsor, action partner, or fellow member of MAA even if your writing isn’t finished. This will motivate you to get your writing done and is courteous to the other person who will need to make time in their schedule to listen to you. (This will be your Fifth Step "*admitted to God, to ourselves, and to another human being the exact nature of our wrongs,*" which we will discuss at our next meeting.

**Congratulations!** You have completed Module Two. Continue enjoying the benefits of living a media-sober life. You have done some amazing work these past four weeks as a result of turning your will and your life over to the care of God. Also, the relief that comes when you have been honest with another person by reading them all of your Fourth Step. Breathe, relax, and smile. You deserve a giant hug from your Higher Power for all your hard work! Be grateful, be cheerful. As it says in the Big Book, “We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.”

The following is a list of prayers to be used for Steps 1, 2, and 3:

**First Step Prayer**

God, Creative Intelligence, Universal Mind, Spirit of Nature, Spirit of the Universe, my name is \_\_\_\_\_\_, and I'm a real media addict, and I need your help today.

**Serenity Prayer**

GOD, Grant me the serenity to accept the thing I cannot change, the courage to change the things I can, and the wisdom to know the difference.

**Second Step Prayer – The Set Aside 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!