**How Your Media Addiction Affects Others**

1. Where have you used media to avoid getting close to someone else? Who was hurt by this?
2. How have you used media to fight with someone? Who was hurt by this?
3. How have you used media to gossip or destroy someone's reputation? Who was hurt by this?
4. Where have you used media to avoid not working for your boss? (Include yourself if you are self-employed.) Who was hurt by this?
5. Where have you used media to avoid helping or giving service to others? Who was hurt by this?
6. How have you used media to avoid seeking help from your Higher Power? Who was hurt by this?
7. How have you used media to avoid your own feelings? Who was hurt by this?
8. How have you used media to avoid being in your body and in nature? Who was hurt by this?