**HERE ARE 12 QUESTIONS TO HELP YOU TO STAY CONNECTED AND SOBER! READ YOUR ANSWERS TO GOD, TO YOURSELF AND TO ANOTHER HUMAN BEING**

Answer one question per day, for about 15 minutes. Minimally answer 5 questions. Share your writing with an action partner or sponsor.

If you are moved to write more, go for it!!

All of the following questions pertain to step 2. We will be focusing on step 2 for one week.

1. In Step One we learned from the Doctor’s Opinion that [media addicts] are:

*“… restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by [getting on their media]…”*

In Step Two we learned that we need to be restored to sanity, which means we need to get over the delusion that we will be able to control the use of our alcoholic media. How have your feelings of restlessness, irritability and discontent led you to believe that THIS TIME you will be able to control the use of your bottom line media?

1. Do you have faith and belief in a Higher Power?
2. What is your conception of your Higher Power?

*“…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.”*

1. How have you “come to believe” in a Higher Power? Has it been a gradual experience of the educational variety, or a sudden spiritual awakening?
2. Are you open to receiving the love and power your Higher Power wants to give to you?
3. Do you believe that reason is everything? Can you imagine a life without faith?

*“Could we still say the whole thing was nothing but a mass of electrons, created out of nothing, meaning nothing whirling on to a destiny of nothingness?”*

1. What happened in your relationship with your Higher Power after you set aside prejudice and contempt for religious or spiritual concepts? Has your heart opened to your Higher Power?
2. Write about ideas, or people, or institutions that you worship besides your Higher Power.
3. Write about this question from the BB: *“Who am I to say there is no God?”*
4. Write about this idea from the BB: *“We had to fearlessly face the proposition that God is everything or else [God} is nothing. [God] either is, or … isn’t. What was our choice to be?”*
5. What does sanity from media look like for you today? Has your media sobriety plan changed during your participation in MAA or B2B?
6. Choose which of these appeals to you:
7. Say the set aside prayer out loud: *“Dear HP, 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.” Now* write out any ideas you may need to set aside or question.
8. Write your own set aside prayer!