

**Speaking of the Steps...**  
**MAA Weekly Step Speaker Meeting**  
**Tuesday from 10:00am-11:00am EST**  
**Zoom ID: 881 6683 9368 – Passcode: 987162**

Meeting leader, please assign a co-host before the start of the meeting. Come in **10-15 minutes early to 1) open all readings and prompts needed in the script, and 2) greet any newcomers or early arrivals.** Meeting leader, just a reminder, it is your responsibility to confirm a member to qualify for each meeting in advance.

**Greeting:** Welcome to the one-hour Weekly Step Speaker Meeting of Media Addicts Anonymous. My name is \_\_\_(name)\_\_\_, and I am a recovering member of MAA. I will be your moderator for today. At any time during the meeting, you may press unmute to speak but please keep yourself muted at all other times. We suggest that you keep your camera on, if possible, to promote a sense of connection and unity.

**Serenity Prayer:** Will those who wish to, please un-mute your microphone now and join me in the "We Version" of the Serenity Prayer:

God, grant US the serenity to accept the things WE cannot change, courage to change the things WE can, and wisdom to know the difference.

**Preamble:** Media Addicts Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, come together to find relief and recovery from media addiction. We welcome everyone who wants to stop using media compulsively. There are no dues or fees for membership; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. MAA, as a whole, is not affiliated with any public or private organization. We have no opinions on outside issues, especially those concerning media. We neither endorse nor oppose any causes, political views, ideology, or religious doctrine.

We support all forms of media sobriety, including abstinence from electronic media, films, radio, newspapers, magazines, books, and music. We use AA's 12 Steps and 12 Traditions as adapted for Media Addicts Anonymous as our program of recovery and utilize the tools of MAA to clarify compulsive, obsessive, or destructive media-related behaviors and to develop strategies to improve our general quality of life.

**Welcome Newcomers:** We extend a special welcome to newcomers. Are there any newcomers to this meeting? Please un-mute yourself and tell us your name and location, so we can welcome you. **(Pause and wait for newcomers to respond)** We are glad you are here! We suggest you attend at least six meetings, so that you have time to identify with the speakers, begin to absorb the concepts and learn more about the program. After the close of this meeting, we will have the possibility of fellowship time when we greet our newcomers informally.

**Meeting Focus:**

This meeting will last one hour. We will share the message of recovery from media addiction, with a special focus on discussing one of the 12-steps of Media Addicts Anonymous. After our initial readings, we will have a recovering member of MAA share for 15-20 minutes on the step of the week. They will share their experience, strength and hope, connecting their experience with the step of the week. This week we will be studying step \_\_\_\_ **[Name whatever step is the topic for that week and read it out loud.**

There is a list of all 12-steps below]. Following the qualification, the meeting will be open for general shares from the group.

**Readings:** I now need three volunteers to be readers for this meeting. We will be sharing the readings on the screen. Who would like to give service by reading today? Please raise your hands, and I will take three names.

\_\_\_\_(name)\_\_\_\_ would you please read The Twelve Steps of Media Addicts Anonymous.

## The Twelve Steps of Media Addicts Anonymous

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over media—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
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.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other media addicts, and to practice these principles in all our affairs.

Besides working the Twelve Steps as outlined in the Big Book of Alcoholics Anonymous, we also apply the following tools to help create and maintain a strong media recovery program.

We will now be reading the short version of MAA's Tools of Action for Media Addicts. Please go to our website for the full version of version of MAA's Tools of Action for Media Addicts at [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org).

\_\_\_\_(name)\_\_\_\_ could you please read the **bolded** portion of the Tools of Action for Media Addicts?

## Tools of Action for Media Addicts

### *These actions support media sobriety*

1. **Go to meetings**—We attend MAA meetings to learn about media addiction, stop isolating, gain support, and identify with other recovering media addicts. Meetings are the platform we use to build a robust personal support network and a real sense of belonging. We encourage newcomers to attend 90 meetings in 90 days to jump-start their recovery.
2. **Give service**—Giving service right away is THE MASTER PLAN for finding success in getting and staying media sober. Service gives us immediate purpose and connection within our fellowship. We suggest that every newcomer and old-timer choose a home group and take on a service position. Any form of service, such as moderator, time-keeper, action partner, dashboard operator, etc., adds to the quality of our own recovery and helps us stay sober. Sponsoring and carrying the message to the media addict who still suffers is the cornerstone of our own personal recovery.
3. **Work with a sponsor**—A sponsor is a media-sober member of MAA who is working MAA's Steps and Tools to the best of their ability. We ask a sponsor to guide us through the Twelve Steps and assist us in staying media-sober. We work closely with our sponsor to discover what behaviors, emotions, situations, and circumstances trigger the “phenomenon of craving,” and the things that may contribute to being out of control and compulsively using media.
4. **Fast from unnecessary media**—Fasting is an essential tool if someone sincerely desires relief from media addiction. It is the tourniquet we use to stop the bleeding. We strongly advocate fasting from unnecessary media long enough to break the compulsive cycle. By fasting from all media except what is necessary for work, school, or family needs, we see our media addiction with greater clarity, detoxify our minds and bodies from the overuse of media, and begin to connect to ourselves and others in deeper and healthier ways.
5. **Design a media replacement plan**—Because media has become our main source of relief, relaxation, reward, recreation, and relationships, we need to find other activities we enjoy. A media replacement plan is an important system to create as soon as possible so we will have enjoyable and healthy activities to replace media.
6. **Create a media withdrawal plan**—When we stop using media, we find there is often a period of withdrawal and detoxification. A media withdrawal plan provides us with a strategy to get the help and support we need during early abstinence. A sponsor and/or action partner help provide tools and guidance in creating this personal plan.
7. **Get an action partner and make outreach calls**—We find it helpful to pair up with an action partner to help us stay accountable with our media usage on a regular basis. Media addiction isolated us from real people. We recover from loneliness and gain support by making frequent outreach calls to other media addicts. We use our support network to bookend our media use.
8. **Prioritize sleep and body care**—Our ability to get sober and stay sober from media includes getting proper rest and a good night's sleep. Therefore, we suggest setting a media curfew for ourselves along with a regular bedtime. We keep electronic media out of the bedroom. During the day, we stay connected to our bodies by eating nourishing food and getting proper exercise and fresh air.
9. **Meditate**—We regularly take time to meditate in order to feed our spirits in ways that media never could. Meditation helps us connect to a Power greater than ourselves which then trains our mind to turn to this Power rather than seek relief through media.

10. **Read recovery literature**—We regularly read and study MAA literature as well as the literature of Alcoholics Anonymous to deepen our understanding of addiction and the pathway to freedom and recovery.
11. **Clarify through writing**—When we write our thoughts down, it allows us to see our disease more clearly. Writing is an indispensable tool for working through our emotions. When we put our difficulties down on paper, it becomes easier to understand a situation and discern any necessary action.
12. **Develop a media sobriety plan**—After we have fasted and become media sober (i.e., abstinent from all unnecessary media) and taken all Twelve Steps with a sponsor, we work with our sponsor to create a media sobriety plan. This plan outlines our personal intentions for media usage. It is our unique guide to making media decisions, as it defines what, when, how, where, and why we use our devices. For many of us, our sobriety plan becomes a continuation of our media fast, that is, refraining from any unnecessary media. Ultimately, our media sobriety plan excludes any media that is our alcoholic (bottom line) media. We continue to re-evaluate our plan with our sponsor to stay media accountable and prevent relapsing. (Pass)

Thank you \_(name)\_.

\_(name)\_ would you please read the Tradition of the Month from The Twelve Traditions of Media Addicts Anonymous?

### **The Twelve Traditions of Media Addicts Anonymous**

1. Our common welfare should come first; personal recovery depends upon MAA unity.
2. For our group purpose there is but one ultimate authority—a loving God as is expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for MAA membership is a desire to stop compulsively using media.
4. Each group should be autonomous except in matters affecting other groups or MAA as a whole.
5. Each group has but one primary purpose—to carry its message to the media addict who still suffers.
6. An MAA group ought never endorse, finance, or lend the MAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every MAA group ought to be fully self-supporting, declining outside contributions.
8. Media Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. MAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Media Addicts Anonymous has no opinion on outside issues; hence the MAA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Thank you all for reading!

**Timekeeper:** Who will be our timekeeper for today? (**wait for volunteer**) Thank you!

Our speaker, \_(name)\_, will now qualify for 15-20 minutes. Afterwards, we will open the meeting to anyone who wishes to share. \_(name)\_, how would you like your time kept by the timekeeper?

Timekeeper, please let our speaker know when \_\_\_ minutes are up and when their qualification has ended.

[Speaker now Qualifies]

Thank you, \_\_\_\_(name)\_\_, for sharing your experience, strength, hope with us.

Open Sharing:

We will now open the meeting for sharing. We ask members to focus on the step topic being discussed this week and how it supports your overall recovery from media addiction. We do not engage in crosstalk, which we define as interrupting, directly addressing another speaker, commenting on someone else's share, giving advice, or making suggestions. Please do NOT mention media titles or the specific content of your addictive media.

Timekeeper, can you please let the person sharing know when two minutes are up and again at three minutes? Please acknowledge the timekeeper's warning at 2 minutes by saying, "Thank you," and at 3 minutes, please wrap up quickly.

If you want to share, please clearly raise your hand on the screen and wait to be called, then unmute yourself. Tell us your name, and, if you're comfortable, your location. This helps to facilitate connection and outreach. [Question:] Although we ask for no crosstalk in general, is today's speaker comfortable with those who are sharing referring directly to your Step Share in their own shares?

(Wrap up at 55 min)

That's all the time we have for sharing today. If you did not have a chance to share at this portion of the meeting, we will have a few minutes at the end of the meeting for fellowship or you can feel free to leave your number and contact information in the chat for outreach. You can also feel free to share at our next meeting. Please come back.

Is our speaker \_\_\_\_(name)\_\_ willing to serve as newcomer greeter after the meeting? Great! (If not) Who would like to volunteer to do this service? \_\_\_\_(name)\_\_\_? Great!

**Seventh Tradition:**

It is now time for the 7th Tradition. MAA has no dues or fees. We are self-supporting through our own contributions, which are for the development of MAA literature, costs incurred by the MAA General Service Board, and the maintenance of our website at [mediaadictsanonymous.org](http://mediaadictsanonymous.org). Contributions can be made via debit card, credit card, or PayPal on the MAA website. Please give what you can, and if you can give nothing at this time, keep coming back because you are more important than your money.

If you want to share your contact information in the chat for outreach, you can do that now. The chat can be saved on your computer or phone if you go to the 3 dots in the corner.

**Announcements:**

If you wish to qualify on one of the 12 Steps at a future meeting, please inform the meeting leader at the end of the meeting today. Your service would be greatly appreciated! Are there any other MAA related announcements? (Wait for response)

## **Closing:**

In closing, the opinions expressed here today are strictly those of the individuals who gave them. The things we have heard here are spoken in confidence and should be treated as confidential. We do not take outside the meeting whom we hear at the meeting. If we try to absorb what we have heard, we are bound to gain a better understanding of the way to handle our problems and begin to change our lives. Let us talk to each other, reason things out with someone else, and let there be no gossip or criticism of one another, but only love, understanding, and fellowship.

I will now read this month's Promise from The Promises of MAA - Signs and Symptoms of Media Recovery. (Moderator: Please read this month's Promise corresponding to the current month.)

## *The Promises of MAA* *Signs and Symptoms of Media Recovery*

1. Satisfaction with everyday life—We turn to our Higher Power and our fellowship to share emotional discomfort, boredom, pain, and problems as well as our joys and accomplishments. Community and spiritual living have become our main sources of daily satisfaction as we have found continued relief, reward, recreation, relaxation, and fulfilling relationships in activities outside of media.
2. Cognitive indifference—We no longer have a fear of missing out and enjoy limiting the time on our devices. We stay attentive to what's happening in our personal lives. We actualize ourselves by being fully invested in our life purpose. We balance our media usage with what serves us and others. Our positivity and gratitude lead to greater contentment and peace.
3. Enthusiasm, gratification, and hopefulness—Where once we felt despair, we now feel enthusiastic, gratified, and hopeful about life. As we abstain from unhealthy media, we have found that we are living better and more fulfilled lives without it. This gratification has allowed us to have prolonged periods of joyfulness and serenity.
4. Identify and encourage—We identify with what we see in our circle of friends. We take time to encourage others and we try to be of service to them. This brings feelings of usefulness as we see that we are valued for who we are. We see through the myth of seemingly perfect people on media and know that our self-worth comes from our Higher Power.
5. Sociability—We prefer to socialize with others rather than isolate on media. When we are with real people, we are interested in their companionship. Sociability causes us to embrace those activities in life which bring us joy and connection.
6. Faithfulness—We have meaningful relationships with real people. We turn to authentic relationships to satisfy our need for romance, intimacy, and sexual fulfillment. When we stay faithful and honest with our commitments to others, we experience a deeper level of intimacy which leads to more love and affection than before.
7. Conscientious behavior—We protect our health, safety, and others by being conscientious of our media at all times. We don't drive while sending text messages, watch TV when eating, or deprive ourselves of sleep because of media.
8. Time Reverence—Time is the only commodity we can never get back, therefore, we focus only on what is truly important in our lives. Vital living takes priority over everything media related.
9. Achieving our life's purpose—We achieve our creative endeavors, intellectual pursuits, and prioritized goals because we are no longer focused on passive media consumption. We expand our income, education, careers, and overall success by facing and concentrating on our daily studies and income—generating opportunities. We build faith in ourselves and hope for our future.

10. Connect to our bodies and nature—We become deeply connected to our bodies and fully enjoy all of our senses. We meet our body's basic needs for rest, sleep, exercise, and good nutrition. We regularly spend time outdoors enjoying the nourishment and beauty of the natural world.
11. Physical health—With less time in front of screens and constant media stimulation, we experience greater physical and mental health.
12. Sanity has returned—Eventually, withdrawal and detoxification symptoms pass, and we gain freedom from the mental obsession and cravings of media. "If tempted [by media], we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward [media] has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition." (Quotation is modified for media addicts and taken from pages 84-85 of the Big Book of A.A.)

**Closing Prayer:**

Please un-mute yourself and join me in saying the "We Version" of the Serenity Prayer:

God, grant US the serenity to accept the things WE cannot change, courage to change the things WE can, and the wisdom to know the difference.

Thank you everyone for a great meeting.

This group holds its business meeting the last Tuesday of the month following the close of the meeting. If you would like to take part in the meeting by doing service, please attend our business meeting! We also encourage members to volunteer to qualify and share their experience, strength and hope at a future Tuesday meeting. Please contact today's leader if you would be willing to do so.

I will now turn the meeting over to our Newcomer Greeter \_\_\_(name)\_\_\_

(Fellowship/Newcomer Meeting generally ends 20 minutes after the meeting.)