Media Addicts Anonymous

BEFORE AND BEYOND BACK-TO-BASICS

Open Big Book Step Study Group

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**Module Four Homework Assignments**

**Module 4, Meeting 1**

1) Fill out the *Tenth Step Short Form* on any selfishness, dishonesty, resentment, or fear you are having this week.

2) Fill out the *Tenth Step Long Form* on the same issue to gain a better understanding of your wrongs and more clarity about what needs to be done.

3) Read both your *Tenth Step Short Form* and *Long Form* to your sponsor, co-sponsor, action partner, or fellow member of MAA.

**Module 4, Meeting 2**

1) Continue your Daily Quiet Time practice by either adopting some (or all) of the suggestions below or by creating your own process—whatever feels right for you.

1. Find a clean, private, quiet place you can use daily for your practice.
2. Keep a notebook or journal dedicated to your **Two-Way Prayer writing**. We cannot emphasize enough the value of writing during these daily sessions. It has helped us immensely in our recovery, connecting us to our true selves and to the *Realm of the Spirit*. For some, writing in itself is a form of meditation and prayer.
3. Schedule regular times during the day for your practice. This will help you build the habit of having daily spiritual connections.
4. Set a time limit so that your quiet time has a beginning, a middle, and an end.
5. Select the prayers you wish to use in each of the three Daily Quiet Time sessions.1
6. Decide whether you would like to use music, chanting, singing, or any other tool to help you get closer to your Higher Power. 2
7. Set your plan in writing in the table on the next page by entering details for your personal **Morning, Midday**, and **Evening Quiet Times**.

Enjoy this part of your day. Look forward to spending time with your Higher Power.

1You can find daily prayers from the Big Book and the *Guided Two-Way Prayer Meditation* script on MAA’s **Intergroups | Resources** [**https://www.mediaaddictsanonymous.org/resources**](https://www.mediaaddictsanonymous.org/resources)**.** Also posted on that page are audio recordings of prayers and meditations. MAA’s *Sunday Serenity 2-Way Prayer Meeting* (1 PM to 2 PM Eastern Time) is another great resource.

2Only consider music for this short spiritual time of day if it is not part of your bottom-line, alcoholic media.

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| Plan your Quiet Time. It will help keep you consistent.*(See examples below.)* |
| Morning Quiet Time  |
| Time of Day | **Length** | **Opening** | **Prayers** | **Meditation** | **Closing** |
|  |  |  |  |  |  |
| Midday Quiet Time *(Set a timer to remind yourself.)* |
| Time of Day | **Length** | **Opening** | **Prayers** | **Meditation** | **Closing** |
|  |  |  |  |  |  |
| Evening Quiet Time |
| Time of Day | **Length** | **Opening** | **Prayers** | **Meditation** | **Closing** |
|  |  |  |  |  |  |
| Example for Morning Quiet Time |
| 7 AM | 15-20 mins | Serenity Prayer | First Step Prayer | Two Way Prayer and writing | Third Step Prayer |
| Example for Midday Quiet Time |
| Noon | 10-12 mins | Serenity Prayer | Sick Man’s Prayer | 5-10 min Silent Meditation | Set Aside Prayer (2nd Step) |
| Example for Evening Quiet Time |
| 7 PM | 15-20 mins | Serenity Prayer | Seventh Step Prayer | 5-20 min Silent Meditation | St. Francis Prayer |

2) Complete an **Eleventh Step Long Form** (see form on the [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org) homepage under Open Back-to-Basics Step Study, Module Four) to see if you would like to include it in your daily practice.

3) Complete an **Eleventh Step Short Form** (see form on the [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org) homepage under Open Back-to-Basics Step Study, Module Four) from page 86 of the Big Book to experience another way of daily reflection.

**Module 4, Meeting 3**

1) Writing Assignment #1. Read the following paragraph and write out your answers to Questions 1a, 1b, and 1c:

* “[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.”

**Question 1**: (a) Have you seen an alteration in yourself this past month?

(b) Have others seen an alteration in you?

(c) Describe what that alteration has been for you.

2) Writing Assignment #2. Read the following paragraph and write out your answers to Question 2a and 2b:

* “Practical experience shows that nothing will so much insure immunity from [bingeing 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.”

**Question 2**: (a) Why do you think it is important to work with other media addicts?

(b) What are ways you can help other addicts going forward?

3) Volunteer to sponsor someone in MAA.

**Module 4, Meeting 4**

1) Writing Assignment #1. Read the following paragraph and write out your answers to Questions 1 and 2:

* “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.”

**Question 1**: How you will you enjoy your life without your alcoholic media?

**Question 2**: What parts of yourself do you feel you have gotten back by fasting from media?

2) Review your Media Replacement Plan and add more activities that bring you pleasure and fun.

3) Consider starting a new MAA meeting (see guidelines on the MAA website).

**Module 4, Meeting 5**

At this point, some of you may be wondering how you can sustain your media recovery and continue to carry the message. Here is a list of options you can consider:

1) Go to open MAA meetings and volunteer to be a sponsor to a newcomer of your choice.

2) Offer to be a Group Sponsor at a Before and Beyond Back-to-Basics Meeting.

3) Join or start your own ComFast (Committed to Fasting) group (6 to 7 people) that meets 5 days a week for 15 minutes where members are committed to fasting from all unnecessary media for one month as they read through the *AA* *Twelve and Twelve* two paragraphs at a time with each person sharing for 1 to 2 minutes.

4) If you’ve been a Group Sponsor in a closed B2B group before, consider being one again so you can carry the message to many media addicts all at once.

5) Go to open MAA meetings and volunteer to do service such as moderating, tech hosting, qualifying, or leading business meetings.

**Congratulations!** You have now finished Modules One through Four of our Before and Beyond Back to Basics Study Group. This means you’ve completed all Twelve Steps. We know this is not an easy thing to do, and you have done it. You are now an experienced member of MAA. As you practice living the Steps on a daily basis, you will be of great value to MAA newcomers. Media sobriety is a gift from God, and remember, we can’t keep it unless we give it away. We pray that the Steps have changed your life like they have ours and that, by practicing these principles, you will have a life second to none. We hope you will stay close to the people you have met at these meetings and that you will continue to carry the message of MAA wherever you go. “We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you—until then.”