

Media Addicts Anonymous  
One Year Anniversary Share-a-Day  
November 7, 2021  
10AM - 1PM ET

## Literature Packet

### Preamble

Media Addicts Anonymous is an international 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 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. Our primary purpose is to abstain from personal addictive media one day at a time and to carry the message of recovery to other media addicts who still suffer.

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

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.

## **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 may be 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.

## The Twelve Symptoms of Media Addicts Anonymous

1. Dissatisfaction with everyday life—We have a compulsive need to alter our mood with media. We depend on media for daily relief from pain and problems. It is our main source of relaxation, recreation, and reward. We feel a pervasive sense of boredom and emptiness when not actively using.
2. Time irreverence—We become distracted from our daily goals once we pick up media. Media then takes priority over everything else. We may binge, graze, or spend hours surfing the net, reading magazines or fantasy novels, losing track of time and connection with what's really important to us.
3. Exhibiting risky behavior—We are willing to endanger our health, our life, or someone else's life so we can get our media fix. For example, texting or watching videos while driving, overeating while bingeing on media, avoiding exercise to stay online, compulsively watching porn, gambling, or chronically depriving ourselves of sleep.
4. Mental obsession—We become uncomfortable or edgy if we don't have our devices with us at all times. We are preoccupied throughout the day with thoughts of what might be in the news, on social media, on television or what our loved ones might be doing. We believe we are missing out if we are not constantly living through media. We feel irritated if someone tries to interrupt our programs or games. Over time, media is all we want and all we think about getting.
5. Isolation—We prefer to stay indoors using media or playing video games rather than being out in nature or socializing with real people. Even when we are with other people, we may find ourselves getting lost in our devices instead of interacting with those around us. Media is something we turn to that we think will make us feel better, but it ends up making us feel lonely and remorseful in the end.
6. Compare and despair—We use media to compare ourselves with others online or try to create a persona that people will like and respect, but end up feeling despair when we can't live up to those ideals.
7. Avoidance of work and inability to plan and prioritize tasks—We jeopardize the success of our businesses, jobs, schoolwork, and life goals by using

media to procrastinate doing what must be done. We repeatedly use our available time to consume media, then find ourselves facing multiple crises caused by lack of planning and poor time management. As soon as we get out of our immediate crisis, we go back to bingeing on media, which will inevitably cause more problems in the future.

8. Physical ailments—With prolonged use of media we experience backache, neck pain, headaches, disturbances in sleep, insomnia, carpal tunnel syndrome, as well as vision problems such as blurred or strained vision and dry eyes.
9. Depression, shame, and dishonesty—We feel depressed and shameful and even lie about the amount of media we are consuming. We have said to ourselves, "I don't want to live this way anymore," but don't know how we would live without our media. Some of us have had suicidal thoughts about this despair.
10. Disconnection from our bodies and nature—We have become disconnected from our bodies and the natural world. We fail to meet our body's basic needs for rest, sleep, exercise, good nutrition, etc. We avoid the natural world and our need to fully enjoy and experience all of our senses.
11. Withdrawal and inability to stop when we want to—We have been unable to stop using media on our own. If we have managed to stop using media for a period of time, we experience withdrawal symptoms such as moodiness, cravings, or agitation. If we give in and return to our addictive media, we find it even harder to try to stop again.
12. Obsession with fantasy—Rather than connecting with live people, we turn to media to satisfy our need for friendship, romance and sexual fantasy and end up feeling disconnected and lonelier than before. We lose the ability to have relationships with real people because media produces unrealistic expectations and discontentment with self and others. In this way, we begin to live through what we experience on our media believing we are living when really, we have no real life.

## The Twelve Tools of Media Addicts Anonymous

1. Meetings—Meetings are a place we learn about our addiction, stop isolating, and gather with others who want to recover from media addiction. It is suggested that newcomers attend 90 meetings in 90 days to jump start their recovery. Some members also join committed "Sobriety Groups" such as Back-to-Basics.
2. Sponsorship—A sponsor is a media-sober member of MAA who has taken all Twelve Steps and is living the Steps and Traditions to the best of their ability. We ask a sponsor to guide us through the Twelve Steps of Recovery and help us create and use our media sobriety plan.
3. Media awareness and trigger identification—We work closely with our sponsor to discover what behaviors trigger the “phenomenon of craving,” the things that cause us to be out of control and compulsively use media.
4. Media fasting—We recommend fasting from any unnecessary media for a period of time. By fasting from media, we begin to see our compulsion more clearly, start to break the cycle, and connect to ourselves and others in deeper and healthier ways.
5. Media sobriety plan—A media sobriety plan helps us to abstain from the compulsive use of media. A personal plan for all media usage guides us in our media decisions, as well as defines what, when, how, where, and why we use our devices. We continue to re-evaluate our plans to keep ourselves accountable so we don’t rationalize “acting out” and feed the addiction.
6. Media replacement plan—Because many of us use media as our main source of relaxation, reward, recreation, and even relationships, we need to find other activities that we enjoy. A media replacement plan is an important system to create as soon as possible so that we will have enjoyable and healthy activities to replace media.
7. Media withdrawal plan—Media is a mind-altering and mood-altering drug. As with any drug, there will be a period of withdrawal and detoxification. Withdrawal comes in many forms, such as moodiness, anxiety, lack of sleep, boredom, agitation, etc. Withdrawal from media addiction is easier when you have a plan and sustained support. Sobriety action partners,

outreach calls, tracking urges, and asking Higher Power to remove the obsession are a few of the strategies we incorporate in a media withdrawal plan.

8. Daily body care awareness and adequate sleep—Our ability to get sober and stay sober from media depends on a good night's sleep. Therefore, we suggest setting a media curfew for ourselves and a regular bedtime. We try to keep electronic media out of the bedroom. During the day we stay connected to our bodies, feeding them nourishing food and getting proper exercise and fresh air.
9. Meditation—We regularly take time to meditate, 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. Literature and recordings—We read the Big Book of Alcoholics Anonymous and other Twelve Step literature and listen to MAA recordings to reinforce our understanding of addiction and how to recover.
11. Writing—Daily writing about our addiction helps us see our disease more clearly. Writing has also been an indispensable tool for working through our emotions. When we put our difficulties down on paper, it becomes easier to better see the situation and discern any necessary actions.
12. Service—Having a spiritual awakening and carrying the message of recovery to the media addict who still suffers is the basic purpose of our fellowship. Any form of service, no matter how small, which helps reach a fellow sufferer adds to the quality of our own recovery.

## QUIZ: Are You a Media Addict?

Here is a list of questions to use in making a self-assessment. They relate to life experiences common among people who show signs of addiction to media.

1. When using any media, do you find that you lose track of time and feel surprised when you realize how much time went by without being aware of it?
2. Have you ever felt ashamed of or tried to hide how much time you spend on your electronic media devices?
3. Have you tried to spend less time using your electronic media devices but found you couldn't quit indulging in its overuse?
4. Do you find yourself wondering about things on the internet when you are not able to use your devices?
5. Are you trying to fall asleep while reading, browsing or watching something on your electronic media or TV?
6. Do you wake up in the middle of the night to check your electronic media devices?
7. Do you believe you cannot fall asleep without the aid of watching something or listening to something on media?
8. Do you find yourself frustrated and/or upset when others seek your attention while you are on your media?
9. Do you isolate and want to be left alone with your media?
10. Have you experienced issues related to sore fingers/thumbs, eye strain, numbness of extremities, headaches, or other physical complications from long periods of media use?
11. Has anyone in your personal life expressed concerns about the amount of time you spend on the internet or on your phone?
12. Do you find yourself using media in situations where it might be inappropriate or even dangerous? For example, while driving, at school during classes, while at work despite rules against it, during a ceremony (funeral/wedding/church service), at a theater during a concert/play/movie, while walking on a busy street, etc.

If you answered "yes" to five or more of these questions, you may be a media addict.



## **Worksheet for Fasting/Sobriety Plan Using Top, Middle, and Bottom Lines**

"Bottom-lines" are self-defined activities which we refrain from in order to experience our physical, mental, emotional, sexual, and spiritual wholeness. Recovery begins by admitting that following our addictive path is making our lives unmanageable and we are powerless to stop.

Please answer these questions:

1. What media is necessary for work, family, recovery, or personal needs? All media should help create an abundant and useful life, these are your top-line behaviors combined with using all the steps, tools, and principles of MAA and anything else that leads to a better quality of life.
  
2. What media is your addictive media, the media that you can't stop using once you start or the media that triggers the obsession of the mind? These are your bottom-line behaviors.
  
3. What triggers you to want to use media? What are your gateway drugs? For instance, reading news headlines, talking to people about movies or TV shows, subscription updates, etc. These are things to avoid and are your middle-line behaviors. (Start to clear out from your phone, computer, and household anything that may be a trigger. If you live with someone who uses your addictive media, talk to them about your needs and ask them to help you; do the same when visiting friends. Let people know because most friends, if they really are your friends, will help support you in your media sobriety.)

**Please create your top lines, middle lines, and bottom lines with media.**

Top-lines are the way you want to live when you are the most fulfilled, joyous, and free. Examples: I am living joyfully and freely. Working through my steps, meditating daily, attending recovery meetings, enjoying my life without media no matter what, dating, joining improv groups, camping and hiking, getting A's in all my classes, scheduling regular massages, etc.

Middle-lines are things that are gateway drugs—they may lead you to pick up. Examples: negative thinking, anger, self-pity, resentment, fear, "stinking thinking," reading news headlines, talking to people about the media I am addicted to, feeling nostalgia for old times with my media, not telling people I need to turn media off or let them know that media doesn't agree with me, etc.

Bottom-lines are self-defined activities which we refrain from in order to experience our physical, mental, emotional, sexual, and spiritual wholeness. Breaking our bottom lines is watching or using any of our personal addictive media. Media that triggers the compulsion to use more. Media that triggers the obsession of the mind. Examples: video games, social media, movies, TV series, the news, magazines and celebrities, online streaming, some forms of music, fantasy, porn, gambling, investment trading, online shopping, etc.]

TOP-LINE BEHAVIORS:

MIDDLE-LINE BEHAVIORS:

BOTTOM-LINE BEHAVIORS:

**After you have established your top, middle, and bottom lines, complete this form.**

My addictive media is \_\_\_\_\_

My triggers are \_\_\_\_\_

My bottom-lines are \_\_\_\_\_

My middle-lines are \_\_\_\_\_

My top-lines are \_\_\_\_\_

## Resistance Worksheet for Taking a Media Fast

Goal: (Taking a fast)

Start Date:

End Date:

Why do I want this goal?

Why don't I want this goal?

In one short sentence write down what your resistance to taking the media fast. Ask yourself, "What is it I am afraid of or what is it that keeps me from enthusiastically committing to a media fast?"

Example: My resistance is I will NOT be able to handle my feelings if I don't use my media.

Statement: My resistance is

1. Can you absolutely know that your statement above is true? (This is a yes or no question. Circle only one.)

Yes    No

2. What are your reactions when you believe this thought?

My reaction is:

3. Who would you be and how would you live without this thought?

I would be:

I would live:

4. Turn this thought around to the exact opposite.

Examples:

*Original Statement: I will NOT be able to handle my feelings if I don't use my media.*

*Turn-Around Statement: I WILL be able to handle my feelings if I don't use media.*

Original Statement:

Turn-Around Statement:

5. Give 3 examples where the turn-around statement is just as true as your original statement.

1.

2.

3.

6. What are you willing to give up to reach this goal?

7. What are you willing to receive to obtain this goal?

8. What are the liabilities (your kryptonite) you need to address to achieve this goal?

9. What are the assets (your superpowers) you will activate to accomplish your goal?

## Urge Surfing Worksheet

Please fill out this worksheet BEFORE you get on media for relief, recreation, relaxation, or for any kind of retaliation. This is meant to be a breather, a short "time out," a way to transition from one activity to another.

***IMPORTANT:*** By filling out this worksheet, it doesn't mean you can't use your media. If, when you are done, you still feel you must use your media for any of the above "r" reasons, give yourself permission to do so. If you decide to get on media, you will be doing it consciously rather than unconsciously; but you need to commit to completing the whole worksheet.

Answer every question in the order it is given and don't jump ahead.

1. Close your eyes and take 3 deep breaths in through your nose and exhale through your mouth.
2. Accept how you are feeling right now, accept the compulsion, accept yourself just as you are right now. Accept your life just as it is right now. Don't let yourself judge yourself for feeling this way. Don't attach any judgements you have to this situation.
3. Find something to appreciate about yourself right now. It can be something very small, but something you can appreciate that you are doing or have done. Filling out this worksheet can be one of them.
4. Take out a calculator or add on a piece of paper the number of years you have lived on this planet and multiply it by 365. This will give you the approximate number of days you have been living on earth as a human being. Write the number here \_\_\_\_\_. (If you want the exact number of days, figure out how many days since your last birthday and add it to this number.)
5. Congratulate yourself for making it this far.
6. Sing a song, any song. You don't have to sing it well. Don't sing for longer than 1 minute.
7. Find something humorous about this moment. (It could be the way you just sang your song.)
8. Write for one minute or less on what you are hoping to get from going onto your media. What do you think your media will give you or do for you? Write as much as you can in one minute.

9. Close your eyes for 30 seconds and see yourself on one of your worst binges and media drunk days (or weeks).
10. Did you get what you wanted from media then? Did media give you what it promised?
11. Write for one minute about how you felt after bingeing on media. What did you think about yourself and your life?
12. Looking at how many days you have been alive from the above number you wrote down, how much of your life so far do you think you have been on media? Make a guess? (1/4, 1/3, 1/2, 2/3, 3/4?) \_\_\_\_\_. How much of your life have you spent bingeing on media in the last 10 years? \_\_\_\_\_
13. Answer this question: Am I WILLING TO ASK my Higher Power to remove my compulsion to use media right now?
14. Pause for at least 15 seconds and then say the "Serenity Prayer."
15. Ask your Higher Power, in your own words, to remove the compulsion to use your media.
16. Wait and listen. (You can repeat your prayer up to 3 times.)
17. Write down at least one thing you are grateful for right now.
18. Make a conscious decision right NOW if you will use media or if you won't.
19. I am deciding to (circle one) USE NOT USE my media because:
20. If you don't use, what wonderful activity will you do instead?
21. Go into your heart and listen and see how it would feel doing that activity instead. How would it feel at the end of the day if you didn't succumb to the media? Write down a few sentences of how it would feel.

Move into your life now with clarity and enthusiasm for whatever you decided to do. You can always go back and do these exercises one more time if you feel you need to or want to.



## Action Meeting for Media Sobriety

Here is a format you can follow with your sponsor or media sobriety partner to help you clarify your media recovery plan.

### Part 1. Answer the Following Questions

1. Where have you spent more time than you planned on media or in front of electronic screens?
2. Where have you put off home chores, personal care, and taking care of business while still finding time to focus on media?
3. Do you “graze” on your media throughout the day? Explain.
4. Do you binge on it for hours at a time? Explain.
5. Do you plan to use electronic media to further your businesses, school, goals, or visions and yet end up distracted from your target by it? Explain.
6. Do you turn to your media instead of live people to feel connected and end up more isolated and lonelier than when you started? Explain.
7. Do you tend to neglect healthy intellectual stimulation since your mind is focused on passive media consumption? Explain.
8. Where have your creative endeavors become impeded by your media focus?
9. Do you believe it is necessary to use some form of media in order to “relax”? Is media your main source of recreation?
10. Where have you become disconnected from your body or neglected your health or body’s basic needs for rest, sleep, exercise, good nutrition, etc., because of media usage?
11. Where have you become disconnected from the natural world and all your senses due to media usage?

### Part 2. Plan of Action

#### Media Sobriety Plan

A media sobriety plan helps us abstain from the compulsive use of electronic media and the media drunkenness that follows. A personal plan for electronic media usage guides us in our media decisions, as well as defines what, when, how, where and why we use our devices. With the help of a sponsor and/or action partner, each member develops their own plan based on an honest appraisal of their compulsive media usage. We continue to reevaluate our plans to keep ourselves accountable so we don’t rationalize “acting out” and feed the addiction. Time keeping and the use of a timer are invaluable in applying our sobriety plan to our daily actions.

1. What media is necessary for work?
2. What media is necessary for connection with family and friends?
3. What else do you use media for?
4. What types of media do you feel you get drunk on the most? Be specific.

5. What time of day is the hardest for you to stay away from media?
6. How much time a day do you feel is healthy for you to spend in front of a screen?
7. What do you want to use your media for? (Example: furthering my business, learning new skills, etc.)
8. What don't you want to use your media for? (Example: Fighting with people on Facebook, getting lost in the negative news cycles, etc.)
9. What would be a good time to turn media on and off during the day?
10. Apply those times to your phone and have it turn off and on at those times.

### Media Replacement Plan

Because many of us use media as our main source of relaxation and entertainment, we need to find other activities that bring us joy. When we stop compulsively using media, there will be a void. It will be difficult to obtain long-term sobriety if we don't have a plan to fill that void. Therefore, a media replacement plan is an important system to create as soon as possible so that we will have enjoyable and healthy activities to replace media. Here are some examples:

#### A. Fun, Pleasure and Relaxation

We write lists of things we love to do for fun, relaxation and pleasure and post it where we can see it. We share this plan with our sponsor or action partners and use these activities daily in place of our electronic media.

#### B. Connection and Play

We schedule time in our week for play and community. We have often used media as a substitute for true recreation and human connection. We become willing to learn how to play and have more fulfilling relationships with others. When we are with others, we turn off and put down our media and focus on our loved ones.

#### C. Brain Health Awareness

We exercise our mind in healthy ways whether through study, moderate reading, journaling, or meaningful conversations. We read things that require thought and effort. We may also take classes or workshops to expand our interests and knowledge. We find ways to keep our minds sharp by memorizing phone numbers, poems, etc.

#### D. Creativity

We take time to nourish our own creativity. This may include participating in artistic endeavors such as writing, visual arts, music, theater, dance, singing, etc., or we may direct that creative process toward whatever endeavors fulfill us.

1. Write a list of 10 things you can do for fun, pleasure and relaxation.
2. Who are three people you want to connect with more? How can you start doing this today?

3. What are three things you can do to exercise your brain this week?
4. What are three things you can do to be more creative in your life? Can you begin one of these things this week?

### Daily Body Care Awareness and Adequate Sleep

Media distracts us from taking care of and connecting with our bodies. Our ability to get sober and stay sober from electronic time drunkenness depends on a good night's sleep. Therefore, we suggest setting a media curfew for ourselves and a regular bedtime. We try to keep electronic media out of the bedroom. During the day we stay connected to our bodies, feeding them nourishing food and getting proper exercise and fresh air. We learn to be fully present in our bodies and take time to ground ourselves in the natural world by getting out into nature without our media. We feed all of our senses, allowing ourselves to experience more beauty and pleasure in our lives. When appropriate we utilize health care & healing providers.

1. What time do you want to get to bed?
2. What time do you want to get up in the morning?
3. Until what time do you want to stay media-free in the morning?
4. What are three things you can do this month to take better care of your body?
5. What are ways you can soothe yourself without using media? What is your daily plan to spend time outside and in nature?

### Media Withdrawal Plan

Media acts as a mind-altering and mood-altering drug. As with any drug, there will be withdrawal and detoxification. Withdrawal comes in many forms, such as moodiness, anxiety, lack of sleep, boredom, agitation, etc. Withdrawal from media addiction is easier when you have a plan and when you have sustained support. Therefore, we suggest the following 12 actions:

1. Say out loud to yourself (or someone else): "I am willing to go through media withdrawal."
2. Get 8 hours of sleep a night (withdrawal will make you feel tired; lack of sleep makes you more susceptible to media cravings).
3. Schedule daily phone calls with sponsors, media sobriety partners, and MAA members.
4. Go to a meeting a day—get tons of support.
5. Take daily quiet time with your Higher Power. Make this the first thing you do in your day.
6. Take time in nature. Nature will heal you and ground you.
7. Realize you will feel raw and emotional at times. Accept these feelings without judging them and know they will pass.
8. Realize you may feel loss and even have to mourn your beloved media. Talk about this with others and allow yourself to say your good-byes, just as you would do with a lover or friend if you were breaking up or parting ways.

9. Commit to doing whatever it takes to stay abstinent, even when you feel defiant.
10. Do service and outreach at meetings. If you feel sorry for yourself, ask other members how they are doing and listen more than you talk.
11. Track your urges and fill out an Urge Surfing Worksheet at least once.
12. Withdrawal can take up to six months or even longer. Be patient and trust that you will get through this. Understand that you only have to go through withdrawal once. Let your withdrawal be your personal badge of courage. Hold onto your sobriety so that you will never need to go through withdrawal again.

### **Part 3. Assignment**

Write down these plans of action and send them to your sponsor or media sobriety partner. Print them up so you can keep them in front of you. Read daily for 21 days.

## The Twelve Promises of Media Addicts Anonymous

1. Satisfaction and fulfillment in everyday life—We depend on our Higher Power and our fellowship to find relief and answers to our problems. We cultivate rich connections with our fellows and have many non-media related sources of recreation and relaxation. We live engaged and rewarding lives.
2. Time reverence—We focus on our goals and visions. We use our time to nurture our talents and fulfill our dreams.
3. We act responsibly—No longer pulled by the lure of a screen or an electronic device, we are mindful of our attention and direct it appropriately.
4. Mindfulness—We stay focused on the here and now. We find peace and comfort knowing we are exactly where we are supposed to be in this moment.
5. Connection—We socialize with others and prefer connection to real people and to nature. We find joy and comfort in belonging. Loneliness and isolation have faded away.
6. Appreciation for our uniqueness—Our self-worth and self-esteem come from the personal relationship we have with our Higher Power. We take pride and revel in our individuality knowing that our unique gifts come through our Higher Power to enhance this world.
7. Embrace work and choose priorities—We find enthusiasm in our work and effectively manage and prioritize our daily goals. Because we no longer abuse our brains with prolonged media usage, our brains are clearer and re-calibrated.  
This next one is numbered 12. in the Literature Packet; it should be 8.
8. We experience more vitality—We have more energy and our pains fade away because we are not engaged in the repetitive actions that created them. We sleep better and feel healthier. We have a sense of well-being not known before.
9. Acceptance and honesty—As we are honest about our disease and accept that we are media addicts, we have come to intuitively know we are priceless in our uniqueness and start to share our gifts with others. We trust ourselves and begin to see how we have a positive impact on others and the world.
10. Connection with our bodies and nature—Self-care has become our priority. Our bodies are the vessels that carry us through this life. We only get one, so we mindfully take care of it. We frequently spend time in nature to rejuvenate and refresh our spirits.
11. We cease fighting with media—When we stay in fit spiritual condition, we don't need to push media away. Instead, we recoil from it as if from a hot flame. Media no longer has a hold on us. We see Higher Power is doing for us what we could not do for ourselves.
12. Living in reality—We interact with real people and enjoy real life. We face our problems head-on and are not drawn to live in a fantasy world where things are pristine and unrealistic. We live life on life's terms and find that life is gorgeously messy and colorful. We feel blessed as we embrace it all.

**Media Addict's Song**  
(parody to the tune of "My Favorite Things")  
by Elaine (MAA member)

**Trigger warning:**

This song specifically names media types.  
If you are not in a place to read this, save it for when you are or pass on it.

Keyboards and laptops and tablets and  
smart phones,  
Cool gaming systems and chatting and  
headphones,  
Fantasy worlds where we zone out for  
hours  
Making an avatar, choosing our powers.\

We think we're hip cuz we know all the  
hot news  
While in our closets are stacks of  
unboxed shoes  
Stalking celebs makes my life feel less  
small,  
Millions of hours, I'll sleep in the fall.\

Lock the door when,  
I am shopping  
Or I'm watching porn  
I hear someone shouting,  
I've missed something big  
Oh, damn, it's my kid being born.\

Instagram, anime, texting while driving  
Readit and researching stuff feels like  
thriving  
Pod casts, and spreadsheets, fan fiction  
and sport  
Tender will bring me the one I adore,\

Love Duolingo though I'll never travel  
Watching my clothes as they smell and  
unravel

Facebook and Discord, for food Uber-  
eats  
More of Pandora and Zillow is sweet!/

So, I missed my kid's 1<sup>st</sup> birthday  
Kinda' grim, but hey!  
A six pack, some cookies, a bottle of  
wine  
And Netflix, I'm on the way!\

Scrolling on family, at work seems so  
spiffy  
Recipes YouTube whips up in a jiffy  
Murders and makeovers, newspaper  
scoops  
I take my phone when I go in to poop.\

Gambling, day trading and watching guys  
gaming  
Comments to posts that are all rude and  
shaming  
Fantasy novels and puppies and goats  
I think I'll bid on a ten-year-old boat!/

When I'm sitting, watching media  
Feel no stress, no strife  
I'll frantically click,  
Fill my ears, fill my brain  
Denying I've got~~~ no life!