Media Addicts Anonymous

BEFORE AND BEYOND BACK-TO-BASICS

Open Big Book Step Study Group

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**URGE SURFING WORKSHEET**

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

**IMPORTANT:** Filling out this worksheet 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 do need to commit to completing the whole worksheet first.

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, and 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 judgments 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 about 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 binging 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 spent on media? Make a guess? (1//4, 1/3, 1/2, 2/3, 3/4?) \_\_\_\_\_\_\_. How much of your life have you spent binging 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 whether you will use media or not.

I am deciding right now to (circle one) **USE NOT USE** my media because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. If you don't use media, what wonderful activity will you do instead? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Go into your heart and listen and see how it would feel doing that activity instead. How would feel at the end of the day if you didn't succumb to the media? Write down a few sentences about how it would feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Move into your life now with clarity and enthusiasm for whatever you decided to do.
4. You can always go back and do these exercises one more time if you feel you need to or want to.