

Relax, Reflect and Recover `
Sharing Meeting of Media Addicts Anonymous
Tuesday to Friday from 2:30 to 3pm EST and Fellowship Time
Zoom ID: 881 6683 9368. Passcode: 987162

Meeting leader, please come in about 5 minutes early to set up for the meeting. Assign a co-host before the start of the meeting.

Greeting: Welcome to this open Relax, Reflect and Recover 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.

Serenity Prayer: Please un-mute yourself and will all who care to REPEAT after me in saying the call and response- "We Version" of the Serenity Prayer:

*God, grant US the serenity (Wait for response)
to accept the things WE cannot change,(wait for response)
courage to change the things WE can, (Wait for response)
and the wisdom to know the difference. (wait for response)*

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 behaviours 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.

Welcome Newcomers: We extend a special welcome to newcomers. Are there any newcomers to this meeting? Please un-mute and introduce yourself by telling us your name and location, so we can welcome you. **(Pause and wait for newcomers to respond)** It is

suggested 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 possibility of fellowship time when we will greet our newcomers informally; everyone is invited!

Reading

Moderator. Please pick from ONE(other 3 reading options are at the end of the script) of the following. You can do the reading yourself or share your screen and ask for a volunteer to read

READING OPTION 1 Daily reflection.

Choose a daily reflection from <https://www.jftna.org/jft/index.php> or <https://www.aa.org/pages/en/daily-reflection> or another 12 step daily reflections book

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

Open Sharing: If you want to share, please clearly raise your hand in the screen and wait to be called, then unmute yourself. Please tell us your name and, if you're comfortable, your location.

We ask members to focus their shares on the symptoms of their addiction and the tools of recovery from media. We do not engage in cross talk, 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 specific content of our addictive media.

Please limit your share to ___ minutes.(Share time is at the discretion of leader. 2 minute shares if meeting is 12 people or larger. 3 minute shares for smaller meetings)

Read if shares are 3 minutes:

Timekeeper, will you please let the person sharing know when two minutes are up and again at three minutes? Those who share: please acknowledge the timekeeper's warning at 2 minutes by saying, "Thank you," and at 3 minutes, please wrap up quickly. Who would like to speak?

Read if shares are 2 minutes:

Timekeeper, will you please let the person sharing know when one minute is by raising a finger and then say "times up" at 2 minutes? Those who share: please acknowledge the

timekeeper at 2 minutes by saying, "Thank you," and please wrap up quickly. Who would like to speak?

Wrap Up at 27 minutes:

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, you can share during the fellowship time after we close.

Who will be willing to host the fellowship time ? (when you get a volunteer, make this person HOST.)- Note- if you do NOT make this person HOST(not just co-HOST, you will not be able to leave the meeting early without shutting down the meeting for all.)

Seventh Tradition: It is now time for the 7th Tradition and announcements. MAA has no dues or fees. We are self-supporting through our own contributions. Contributions can be made via 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.

Announcements This group holds its business meeting the last Tuesday of the month following the close of the meeting. The next business meeting will be held on Tuesday, (insert month and date). If you are interested in being a meeting leader for the month of (insert next month)____, please attend our business meeting or contact me or another meeting leader after the meeting.

Are there any other 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. 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.

Closing Prayer: Please un-mute yourself and will all who care to REPEAT after me in saying the call and response- "We Version" of the Serenity Prayer:

*God, grant US the serenity,(wait for response)
to accept the things WE cannot change,(wait for response)
courage to change the things WE can, (Wait for response)
and the wisdom to know the difference. (wait for response)*

Thank you everyone for a great meeting!

****Note- if you do NOT assign a new HOST(not just co-HOST, you will not be able to leave the meeting early without shutting down the meeting for all.)**

(Fellowship/ Newcomer Meeting ends at latest 15 minutes after the end.)

READING OPTION 2 The Step 9 Promises :

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations, which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.
(Pass)

READING OPTION 3 The Signs and Symptoms of Media Addiction

1. Dissatisfaction with life— We depend on media for relief from our pain and problems. Media is our main source of relaxation, recreation, reward and relationship and we feel bored and empty when not using.
2. Time irreverence— Electronic media distract us from our goals as it takes priority over everything else. When bingeing or grazing we lose track of time and forget what is important.
3. Exhibiting risky behaviour—We endanger our life or other people's lives to get our media fix. We may drive while sending text messages, overeat while bingeing on TV or deprive ourselves of sleep while gaming.
4. Mental obsession— We are preoccupied with the news, social media etc., and so we want our devices with us at all times. We have fear-of-missing-out.
5. Isolation— We prefer to stay indoors on media rather than outdoors in nature or socialising. Even in the company of others we don't interact but lose ourselves in our devices, which makes us feel lonely and remorseful.
6. Compare and despair—Through our media use we compare ourselves with others and may create an online persona we think people will like and respect. Unable to live up to this ideal version of ourselves we end up in despair.
7. Avoidance of work and inability to plan and prioritise tasks— Because we use our time to be on media we procrastinate on necessary tasks and thus jeopardise the success of our education, work etc. Poor time management may lead to a crisis, often followed by a new binge.
8. Obsession with fantasy—Our need for romance and sex is increasingly satisfied through fantasy, as presented by media. We lose the ability to have real relationships because of unrealistic expectations. We become dissatisfied, feel disconnected and lonely.
9. Depression, shame, and dishonesty—Depressed and ashamed we lie about our media consumption. We tell ourselves we want to change our lives, but we

don't know how to live without our electronic media. Some of us have suicidal thoughts.

10. Disconnection from our bodies and nature—We fail to meet our basic needs for rest, sleep, exercise, good nutrition, etc. We avoid the natural world and do not fully enjoy our senses.
11. Withdrawal and inability to stop—When we stop using media, we experience withdrawal symptoms such as cravings and agitation. We can't stay stopped and after giving in to our alcoholic media, we find it even harder to try to stop again.
12. Physical ailments—Our prolonged media use leads to backache, neck pain, headaches, disturbed sleep, carpal tunnel syndrome, as well as problems with our vision. (Pass)

READING OPTION 4: The Twelve Tools of Media Addicts Anonymous

1. Meetings—Meetings are a place we learn about our addiction. We stop isolating and gather with others who want to recover from media addiction.
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 behaviours trigger the “phenomenon of craving”. These are the things that cause us to be out of control and compulsively use electronic media.
4. Media Fasting—We recommend fasting from any unnecessary media for a period of time. This helps us 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—We make A “Media Sobriety Plan” to help us define what, when, how, where, and why we use our devices.
6. Media Replacement Plan—We make a Media Replacement Plan so that we will have enjoyable and healthy activities to replace media.
7. Media Withdrawal Plan—We make a Media Withdrawal Plan to help us cope with the moodiness, anxiety, boredom and agitation etc that we may feel when we stop using media. "Sobriety Action Partners," "Sobriety Action Meetings," out-reach calls, tracking urges and asking Higher Power to remove the obsession are a few of the strategies we include.
8. Daily Body Care Awareness and Adequate Sleep— We set a media curfew for ourselves and a regular bedtime, and we try to keep electronic media out of the bedroom. During the day we eat nourishing food and getting proper exercise and fresh air.
9. Meditation—We regularly take time to meditate, to feed our spirits in ways that electronic media never could.
10. Literature—We read the Big Book of Alcoholics Anonymous and other Twelve Step literature to reinforce our understanding of addiction and how to recover.
11. Writing—We write daily to help us gain a wider perspective on our difficulties and our disease.
12. Service—Carrying the message 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. (Pass)