

**ONE MONTH COMMITMENTS FOR  
BACK-TO-BASICS, A DESIGN FOR LIVING  
Closed, Committed 12 Step Media Sobriety Groups**

1. **FAST FROM ALL UNNECESSARY MEDIA.** This means that you agree to use only media necessary for work, school, family, recovery, and home needs. We will be fasting for the full month. We will go into more detail on what we mean by media fasting in a moment. We fast from anything that is not necessary, even if it isn't our alcoholic media. Please write up all the "alcoholic media" that triggers your compulsion and discuss it with your sponsor as soon as you are assigned a sponsor. You need to know what your drug is to be sober. Clarity and honesty are the keys to freedom. When in doubt, leave it out.
2. **COMPLETE THE ASSIGNMENTS:** Try to have all the pre-commitment assignments completed by your Commitment Meeting or at least before the first conversation with your sponsor. These assignments are available on the website on the information page about Back-to-Basics Step Study groups ([www.mediaaddictsanonymous.org/intergroups](http://www.mediaaddictsanonymous.org/intergroups)).
3. **WORK WITH A SPONSOR:** You get to work one-on-one with an assigned sponsor. This is the person who will help you hold you to your Commitments, listen to your daily assignments during a call, and mentor you in the 12 Steps. You are responsible for keeping up with your assignments and calling your sponsor on time. Please expect to spend at least 15 minutes speaking with your sponsor during the first four days of each week, and at least one hour on the weekends. It is strongly recommended that you meet with your sponsor on Zoom, if possible. We are here to learn from each other. Trust that your sponsor has something important to teach you. Set aside anything you think you know about recovery and working the 12 Steps and stay open to the miracles that can happen.
4. **ATTEND ALL MEETINGS, STAY AWAKE, AND BE PRESENT TO WHAT IS BEING READ:** We commit to attending ALL Back-to-Basics meetings and participate in the readings. We meet every weekday at the same time for four weeks and go through the 12 Steps very quickly. If you miss a meeting, you may miss a whole step. If you fall asleep in the meeting you will miss out on important information. All members are required to be awake and present at meetings. Meetings run for approximately 50 minutes, Monday through Thursday, and approximately 80 minutes on Friday. This includes 15 minutes of *optional* fellowship time before our main meeting begins. The fellowship time allows members to get to know each other, grow in mutual support, and build group cohesiveness. Sometimes emergencies come up (i.e., births and deaths), and if you need to be excused for any reason, please talk to both your personal sponsor **and** the Group Sponsors. Please don't text the group. Use the "sponsor channels" for any emergency. Missing meetings without okaying it in advance with the Group Sponsors constitutes a slip.
5. **BE SEEN:** All meetings are held on Zoom. Part of our recovery is to be seen and be a part of a group. As media addicts, we have hidden behind screens and isolated. Therefore, part of the commitment you are taking today is to agree to turn on your camera and be seen **at all times** when on Zoom.
6. **BE ON TIME:** Arrive for every meeting at least 10 minutes early so the meeting can start on time. If you are more than 10 minutes late, this will be considered an absence and will need to be made up. Daily meetings start promptly at 5 minutes before the group meeting time. For example, if you are in the 1 pm ET group, the meeting begins at 12:55 pm ET, and you must arrive no later than 12:50 pm ET with your camera on.

7. **OPTIONAL OPEN GROUP SHARING:** The Zoom room will be open 15 minutes before the start of the meeting each day for open group sharing. All group members are strongly encouraged to attend and participate in this pre-meeting time. Again, for example, if you are in the 1 pm ET group, arrive at 12:40 pm ET for this fellowship time. A moderator will time each member for 2-minute check-ins. While this is not part of your commitment and not a requirement, the "before meeting fellowship time" is an awesome way to get to know others and get more support from your group members. Many of us get very close because we reach out and share.
8. **MAA HOME-GROUP MEETING:** Choose at least one MAA meeting to attend each week. Make this your home group for the month. During MAA meetings, give out your number for outreach calls and get at least one other number you can call. If you have fasted a week or more, volunteer to qualify and share at these meetings so you become known. Do service by reading, keeping time, etc. MAA meetings will familiarize you with the MAA Tools and make you part of the fellowship. This is VERY important so that you have the necessary support and connection when Back-to-Basics is completed.
9. **COMPLETE ALL ASSIGNMENTS:** You are committing to complete all the assignments and read them to your sponsor (and where appropriate, to other members of the group). You are doing this work to the best of your ability. There's a saying that recovery isn't for people who need it, or people who want it, but for those willing to do the work.
10. **CALL BEFORE YOU USE!:** It would be wonderful if you joined this group and never wanted to use media again. More than likely, you will have moments when the desire to use media is overwhelming. Today you are committing to call your sponsor or someone else in the group if you feel you want to use any unnecessary media. **CALL BEFORE YOU USE!** Also, fill out the Urge Surfing worksheet—this REALLY helps. Get on your knees and ask your Higher Power for help. Say the Serenity Prayer. Have faith. You can do this.
11. **IF YOU DO RELAPSE:** If you haven't noticed we are here to take our sobriety seriously. You are committing to fast from all UNNECESSARY media. If you relapse, meaning you use your addictive bottom-line media, triggering the obsession, and end up in a media binge blackout, you may not be ready to work this intensive program. We have a disease; it is not a moral issue, and we don't judge anyone for relapsing. This is the main reason we come together: to hold the space of sobriety and recovery for each other. So, for the sobriety and health of the group (we are a closed group for this reason), if you are not able to stay on your media fast, we ask that you bow out of the group until you are ready to make this kind of commitment. We encourage you to attend open MAA meetings and when you are ready, join another Back-to-Basics group.
12. **IF YOU SLIP:** If you have a slip, meaning you have a momentary lapse in your media middle or bottom lines, you immediately talk to your sponsor. If you are having multiple slips, one after another, then you may not be ready to work in this kind of intensive program. For the sobriety and overall health of the group, if you continue to slip, we ask that you bow out of the group. As stated earlier, missing or not showing up for meetings is also considered a slip.
13. **SHARE IMMEDIATELY:** Slips or relapses are to be discussed with your sponsor only. Please don't share them with the rest of the group. We are all fragile in our early recovery, and we need to keep a positive sobriety message as we carry each other through the beginnings of withdrawal and the loneliness that can come from not having media to turn to for Relief, Reward, Recreation, Relaxation, and fantasy Relationships. Together we can avoid the two other Rs: Regret and Remorse.

14. **SOBRIETY IN ALL OTHER PROGRAMS:** Stay abstinent and sober in all your other programs while you are on this media fast. If you find yourself turning to other substances that you have never addressed with a 12-step program previously, bring it up honestly with your sponsor and other members to gain from their experience, strength, and hope. This is a natural occurrence but needs to be addressed as soon as possible, to explore possible next actions. The Big Book tells us that a person needs to be sober to work the Twelve Steps. If you are abstinent from media but still using food, drugs, or alcohol then you probably won't have the honesty it takes to work the Steps in a meaningful way. Honesty is key in recovery. We have to stay ahead of the disease by working the 12 Steps quickly. Total abstinence is the easier, softer way.
15. **OUTREACH CALLS:** Make 2 outreach calls a day. One can be to your sponsor; the other to someone in the group or someone you heard at an MAA meeting. Reaching out to newcomers is important. Please share your experience, strength, and hope as often as you can.
16. **BOOKEND:** Use the WhatsApp group to bookend hard-to-handle media usage that you must do for work or other personal reasons. We recommend that you bookend all middle-line media use with the group via WhatsApp or in a phone call.
17. **KEEP GROUP CONNECTIONS CLEAN AND SAFE:** As previously stated, we will have a WhatsApp group for daily support. Because any type of media will be triggering for some members, we limit the correspondence in these groups to include: requests for outreach, bookending any media usage, and giving timely information members need from the group sponsors. Please DO NOT post websites or internet links, photos, book titles, or share generic "words of wisdom." In group meetings please don't mention "outside issues" by name. Instead, use outreach calls to share what is personally meaningful.
18. **ATTEND OR LISTEN TO SATURDAY PHONE MEETINGS:** Please attend or listen to the Saturday 2:00 PM ET Phone Qualification Meeting each week. It is important to hear about solid media recovery. These meetings will do a lot to inspire and help you with your fast. If you are not able to attend, please listen to the recordings. Check out our website to find these recordings at [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org). After one month in Back-to-Basics, you may be asked to qualify at one of these meetings. Please consider saying "yes" to this opportunity to share what you are learning and experiencing in Back to Basics.
19. **SLEEP REVERENCE:** Set a time to go to bed and a time to wake up every day. By doing so, you will have more emotional energy to get media sober and stay sober this month. Let your sponsor know these times so you can stay accountable.
20. **SHUT OFF TIME:** Set a time to be off all media at the end of the day and a set time to start media at the beginning of the day. Discuss this strategy with your sponsor.
21. **NATURE WITHOUT MEDIA:** Take at least a 15-minute walk in nature without your phone every day.
22. **FASTING REMINDERS:** Make 2 little signs and keep them close to your phone and computer: **IS THIS REALLY NECESSARY? AND WHEN IN DOUBT, LEAVE IT OUT.**
23. **REMEMBER TO HALT:** If you get too Hungry, Angry, Lonely, or Tired call someone!
24. **DONATION:** We ask all group members to make a SUGGESTED donation to MAA as part of their commitment to this group. This donation could be \$20 or more, it's up to you. Donate whatever you can afford. No one will be turned away from this group if they can't afford to make even a small donation. To make your donation, please go to: [www.mediaaddictsanonymous.org/donate](http://www.mediaaddictsanonymous.org/donate).