Media Addicts Anonymous

BEFORE AND BEYOND BACK-TO-BASICS

Open Big Book Step Study Group

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**RESISTANCE WORKSHEET**

Fill out the worksheet below. Read it to your sponsor, your action partner, or a fellow member of MAA when you are finished.

Goal: To recover from media addiction

1. Why do I want this goal?
2. Why don't I want this goal?
3. Write one short sentence, what is my resistance? What is it I am afraid of or what is it that keeps me from enthusiastically committing to recovering from compulsive media use. (Example: I will NOT be able to handle my feelings if I don't use my media.)
4. Can you absolutely know that your sentence above is true? (This is a yes or no question.)

Yes No

1. What are your reactions when you believe this thought?
2. Who would you be and how would you live without this thought?
3. Turn this thought around to the exact opposite. (Example: I WILL be able to handle my feeling if I don't use.)
4. Give 3 examples where you have seen the what you wrote in 7 is just as true as your original statement.

a.

b.

c.

1. What are you willing to give up to reach this goal?
2. What are you willing to receive to obtain this goal?
3. What are your liabilities/character defects that you need to address?
4. What are your assets you will activate to accomplish your goal?