

## **'Mid-Week Media Free'**

### **Tools and Speaker Meeting of Media Addicts Anonymous**

**Every Wednesday for 1 hour starting at 7am UK time**

**Zoom ID: 881 6683 9368**

**Passcode: 987162**

*Notes to Moderator:*

*Please make sure you are on the line at least 5 minutes before the meeting starts.*

*Please read the **BLACK** parts of the script only, as is, and please keep the meeting clipping along so we have more time for shares.*

*Please be sure to write down everyone's name who volunteers for service during the meeting so you can thank them at the end.*

#### **Greeting:**

Welcome to this one-hour speaker meeting of Media Addicts Anonymous. My name is \_\_\_\_\_ and I am a media addict and your moderator for today.

#### **Serenity Prayer:**

Please un-mute your microphone now and join me in the "We Version" of the Serenity Prayer:

*God, grant US the serenity to accept the things WE cannot change, courage to change the things WE can, and the wisdom to know the difference.*

#### **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 adapted for Media Addicts Anonymous 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:**

Are there any newcomers to this meeting? Please un-mute and introduce yourself by telling us your name and if you feel comfortable, your location, so we can welcome you.

*(Pause and wait for newcomers to respond – if no newcomers jump to “Meeting Focus”)*

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.

Who would be willing to serve as newcomer greeter after the close of the meeting?  
*(If no one responds, ask again in 55 minutes during the Wrap Up.)*

### **Meeting Focus:**

We suggest as you listen to this meeting you put away all other devices you don't need right now and pay attention to all that is being said. By focusing on this meeting alone without distraction you will get this program much faster.

We are using media devices, i.e. the computer or phone, to recover from the compulsive use of media. To meet this challenge, We suggest as you listen to this meeting you put away all other devices you don't need right now and pay attention to all that is being said. We ask you only use the chat function to share your telephone number for outreach at end of the meeting or to communicate with the tech support or moderator. To avoid getting distracted, it may help to use “speaker view”. Please stay muted when not talking and please keep your camera on throughout the meeting to promote a sense of connection and unity.

### **Readings:**

I need two volunteers to be readers for this meeting. Who would like to give service by reading today? *(Take two names)*

### **Media Addiction as a Disease of Mind and Body:**

We of Media Addicts Anonymous view media addiction as an illness similar to alcoholism. Like drugs and alcohol, media addiction is both a physical and mental disease. The over-use of media destabilizes the prefrontal area of our brains. This is the area responsible for remembering details, planning, and prioritizing tasks.

When we compulsively use media, our frontal lobes go "off-line," weakening our ability to stop using media when we need to move on or go to bed. Media also affects the pleasure centre of the brain triggering a release of dopamine. Like drug addiction, more and more media is needed to induce the same pleasurable dopamine hit, eventually creating a dependency.

Because of these two mental and physical responses, media addicts have little or no defence against the first click. Therefore, we see media as a mind altering and mood-altering drug. Media becomes our dopamine high or our dope.

We have found that when we compulsively binged on media for relief, reward, relaxation, recreation, and relationships, we ended up feeling remorse and regret. We call these the "7 R's of Media Insanity." We are here today to counter this insanity with-the "R of Recovery".

Here is a list of the Signs and Symptoms of Media Addiction.

\_\_\_\_(name)\_\_\_\_ will you read **only** the bolded headings of The Signs and Symptoms of Media Addiction, plus the Symptom of the Month, which today is the \_\_\_\_ (give number)th \_\_\_\_ Symptom, in full, please?

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## The Signs and Symptoms of Media Addiction

### 1. **Dissatisfaction with everyday life**

(We depend on media as a way to avoid emotional discomfort, boredom, pain, and problems. Media has become our main source of relief, reward, relaxation, recreation, and relationships)

### 2. **Mental obsession**

(We have a fear of missing out so we want our media with us at all times. We are preoccupied with what's trending in the news and social media. We lose ourselves in gossip, too much information, and the absorption of negative media, all of which result in constant unrest and agitation)

### 3. **Depression, shame, and hopelessness**

(We feel depressed, shameful, and guilty about the amount or type of media we are consuming. We want to stop, but we don't believe we can live without our media dependency. This hopelessness has caused some of us to have suicidal thoughts or prolonged periods of depression and anxiety)

### 4. **Compare and despair**

(We compare ourselves with what we see in magazines, films, TV, and social media. We try to create a persona that other people will admire, but end up feeling despair when we can't live up to those ideals. We are compelled to follow

seemingly perfect people on social media even though we know it repeatedly makes us feel inferior)

**5. Isolation**

(We prefer to be alone with our media rather than socialize. When we are with other people, we often become distracted by our devices. Isolation causes us to avoid those activities in life which used to bring us joy and connection)

**6. Fantasizing**

(Rather than having meaningful relationships with real people, we turn to media to satisfy our need for romance, intimacy, and sexual fantasy. We end up feeling a deeper loss of intimacy with others which leads to more deprivation and loneliness than before)

**7. Risky behaviour**

(We will endanger our health, life, or someone else's life to get our media fix. We may drive while sending text messages, overeat while bingeing on TV, or deprive ourselves of sleep while using all forms of media)

**8. Time irreverence**

(Time is the only commodity we can never get back. When grazing or bingeing on media, we lose track of time and forget what is truly important in our lives. Media takes priority over everyone and everything)

**9. Avoiding our life's purpose**

(We abandon creative endeavours, intellectual pursuits, and prioritization of our goals because we focus on passive media consumption instead. We jeopardize our income, education, careers, and overall success by procrastinating and repeatedly using media during study and work hours. We lose faith in ourselves and hope for the future.

**10. Disconnection from our bodies and nature**

(We become detached from our body and do not fully enjoy all of our senses. We fail to meet our body's basic needs for rest, sleep, exercise, and good nutrition. We hide indoors with media while avoiding the nourishment and beauty of the natural world)

**11. Physical ailments**

(With prolonged media usage we experience backaches, neck pain, headaches, disturbances in sleep, digestive issues, carpal tunnel syndrome, and vision problems)

**12. Withdrawal symptoms**

(When we stop using our addictive media, we experience withdrawal and detoxification symptoms. Any time we give in to our compulsion to use our addictive media, we reignite the "craving" and find it increasingly more difficult to stop again).

Thank you for reading! If you identify with some of these signs of media addiction, you may be a media addict. If so, you are in the right place, you're one of us and no longer alone.

### **Recovery from media addiction:**

To recover from media addiction, MAA utilizes the Twelve Steps and Twelve Traditions, first developed by Alcoholics Anonymous.

\_\_\_\_ (name)\_\_\_\_ will you please read the Twelve Steps of Media Addicts Anonymous?

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

Here are the steps we took, which are suggested as a program of recovery:

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. (Pass)

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Thank you for reading!

**The Twelve Traditions of Media Addicts Anonymous:**

MAA's twelve traditions are also modelled on those of Alcoholics Anonymous. They apply to the life of the Fellowship itself and outline how we maintain our unity. I will now read the Tradition of the Month and the 12th Tradition

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 Higher Power that 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 centres 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.

MAA also has developed a number of tools to support our media recovery. For more information, please visit the literature page of our website at [mediaaddictsanonymous.org](http://mediaaddictsanonymous.org)

**Timekeeper:**

Who will be our timekeeper for today? \_\_\_\_\_ Thank you.

**Speaker:**

Our speaker, \_\_\_\_\_, will now qualify for 10 minutes. Timekeeper, please let them know when 8 minutes are up and again when their qualification has ended.

**Open Sharing:**

Thank you, \_\_\_\_\_, for sharing your experience, strength and hope with us today. We will now open the meeting for sharing. When you share, please tell us your name and, if you're comfortable, your location. We ask members to focus sharing on media addiction and your recovery.

We avoid cross talk, which we define as interrupting, directly addressing another speaker, commenting by name on someone else's share, giving advice, or making suggestions.

To keep this meeting safe we abstain from naming media titles or discussing specific content. Please do not interrupt the speakers and allow the moderator to address all interruptions or issues.

Timekeeper, will you please let the person sharing know when two minutes are up and again at three minutes when their share has ended?

For those who are sharing, please acknowledge the timekeeper's warning and when time is called, please wrap up your share. I will take three names to begin with. Who would like to speak?

**Wrap Up at 55 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.

*(If no one has already volunteered to be newcomer greeter, ask)*

Who would be willing to serve as newcomer greeter after the close of this meeting?

I'd like to thank \_\_\_\_\_ for their qualification; \_\_\_\_\_ for keeping time; \_\_\_\_\_, and \_\_\_\_\_ for doing the readings; \_\_\_\_\_ for being our newcomer greeter and \_\_\_\_\_ for doing the tech support.

### **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, which are for the development of MAA literature, costs incurred by the MAA General Service Board, and the maintenance of the MAA website at [mediaaddictsanonymous.org](http://mediaaddictsanonymous.org).

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:**

There are MAA meetings every day of the week. Please check our MAA website for details.

We will now take 2 minutes for announcements. Timekeeper, will you please let us know when two minutes are up? Are there any MAA related announcements?

### **The Step 9 Promises:**

Who would be willing to read the Step 9 Promises from page 83 in the Big Book?

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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)

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Thank you \_\_\_\_ for reading.

### **Number Exchange:**

If you want to contact someone you heard on today's meeting or if you are available for outreach or sponsorship, or looking for an action partner, please write your

telephone number in the chat now. Please include any country codes, if you are on WhatsApp and what time zone you are in.

**Anonymity statement:**

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. We do not take outside the meeting whom we hear at the meeting.

**Closing:**

Can we please take a moment of silence for a brief prayer for the still suffering media addict both inside and outside these rooms.

*(Pause for about 20 seconds)*

Thank you. Please un-mute yourself and will all who care to join me in saying the in the "We Version" of the Serenity Prayer:

*God, grant US the serenity to accept the things WE cannot change, courage to change the things WE can, and the wisdom to know the difference.*

Thank you everyone for a great meeting.

Are there any non-MAA related announcements?

I will now turn the meeting over to our Newcomer Greeter \_\_\_\_\_

*(Meeting ends at latest 20 minutes past the hour)*