

**Media-free Sunday Funday Group
Speaker and Media Replacement Show & Tell Meeting of Media Addicts Anonymous
Every Sunday from 4:00-5:00PM EST
Zoom ID: 884 3442 5527 – Passcode: 136300**

Meeting leader, please assign a co-host before the start of the meeting. Come in 5-10 minutes early to open all readings and prompts needed in the script. Meeting leader, just a reminder, it is your responsibility to confirm a member to qualify for each meeting in advance.

Greeting: Welcome to the one-hour Speaker and Media Replacement Show & Tell 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. Please keep your camera on, if possible, to promote a sense of connection and unity.

Serenity Prayer: Will those who wish to, 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 wisdom to know the difference.

Preamble: Media Addicts Anonymous is a 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 behaviors and to develop strategies to improve our general quality of life.

Welcome Newcomers: We extend a special welcome to newcomers. Are there any newcomers to this meeting? Please un-mute yourself and tell us your name and location, so we can welcome you. *(Pause and wait for newcomers to respond)* We are glad you are here! We suggest 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 the possibility of fellowship time when we greet our newcomers informally. We can also answer any questions you may have about what recovery looks like in MAA and how to get started. Everyone is invited!

Meeting Focus: This meeting will last one hour and is focused on the Media Replacement Plan aspect of our recovery. This is a "Show and Tell" Meeting where we get to build the muscle of creativity and practice expressing joy amongst our fellows! We start with readings, including the promises and tools of media recovery. We have a 10-15 minute qualification by a member who has been fasting from media for at least one month. This is an opportunity for the member to share experience, strength and hope by featuring something from their Media Replacement Plan. Then we will open the meeting to shares focusing on items from your Media Replacement Plan. This is a space for us to learn together on how to create true fun and build a fulfilling life without media.

Readings: I need three volunteers to be readers for this meeting. We will be sharing the readings on the screen. Who would like to give service by reading today? Please raise your hands, and I will take three names.

I will now read The Twelve Steps of Media Addicts Anonymous.

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.*

(name) would you please read the 12 Promises of Media Addicts Anonymous?

The 12 Promises of MAA

- 1) Satisfaction and fulfillment in everyday life—We depend on our Higher Power and our fellowship to find relief and answers to our problems. We cultivate rich connections with our fellows and have many non-media related sources of recreation and relaxation. We live engaged and rewarding lives.*
- 2) Time reverence—We focus on our goals and visions. We use our time to nurture our talents and fulfill our dreams.*
- 3) We act responsibly—No longer pulled by the lure of a screen or an electronic device, we are mindful of our attention and direct it appropriately.*
- 4) Mindfulness—We stay focused on the here and now. We find peace and comfort knowing we are exactly where we are supposed to be in this moment.*
- 5) Connection—We socialize with others and prefer connection to real people and to nature. We find joy and comfort in belonging. Loneliness and isolation have faded away.*

6) *Appreciation for our uniqueness—Our self-worth and self-esteem come from the personal relationship we have with our Higher Power. We take pride and revel in our individuality knowing that our unique gifts come through our Higher Power to enhance this world.*

7) *Embrace work and choose priorities—We find enthusiasm in our work and effectively manage and prioritize our daily goals. Because we no longer abuse our brains with prolonged media usage, our brains are clearer and re-calibrated.*

8) *Living in reality—We interact with real people and enjoy real life. We face our problems head-on and are not drawn to live in a fantasy world where things are pristine and unrealistic. We live life on life's terms and find that life is gorgeously messy and colorful. We feel blessed as we embrace it all.*

9) *Acceptance and honesty—As we are honest about our disease and accept that we are media addicts, we have come to intuitively know we are priceless in our uniqueness and start to share our gifts with others. We trust ourselves and begin to see how we have a positive impact on others and the world.*

10) *Connection with our bodies and nature—Self-care has become our priority. Our bodies are the vessels that carry us through this life. We only get one, so we mindfully take care of it. We frequently spend time in nature to rejuvenate and refresh our spirits.*

11) *We cease fighting with media—When we stay in fit spiritual condition, we don't need to push media away. Instead, we recoil from it as if from a hot flame. Media no longer has a hold on us. We see Higher Power is doing for us what we could not do for ourselves.*

12) *We experience more vitality—We have more energy and our pains fade away because we are not engaged in the repetitive actions that created them. We sleep better and feel healthier. We have a sense of well-being not known before. (Pass)*

Thank you.

Besides working the Twelve Steps as outlined in the Big Book of Alcoholics Anonymous, we also apply the following tools to help create and maintain a strong media recovery program.

We will now be reading the short version of MAA's tools. Please go to our website for more detailed information on how to work these tools at www.mediaaddictsanonymous.org.

_____(name)_____ would you please read the Twelve Tools of Media Addicts Anonymous?

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)

We are here today to focus on Tool 6 of the Twelve Tools of Media Addicts Anonymous.

_____(name)_____ would you please read Tool 6: Media Replacement Plan?

Tool 6: Media Replacement Plan

Because many of us use media as our main source of relaxation, reward, and recreation, we need to find other activities that bring us joy and fulfillment. When we stop compulsively using media, there will be a void. It will be difficult to obtain long-term sobriety if we don't have a plan to fill that void. Therefore, a "Media Replacement Plan" is an important system to create as soon as possible so that we will have enjoyable and healthy activities to replace media. Here are some examples:

A. Fun, Pleasure, and Relaxation

We write lists of things we love to do for fun, relaxation, and pleasure and post it where we can see it. We share this plan with our sponsor or media sobriety action partner and use these activities daily in place of our electronic media.

B. Connection and Play

We schedule time in our week for play and community. We have often used electronic media as a substitute for true recreation and human connection. We become willing to learn how to play and have more fulfilling relationships with others. When we are with others, we turn off our electronic media and focus on our loved ones.

C. Brain Health Awareness

We exercise our mind in healthy ways whether through study, moderate reading, journaling, or meaningful conversations. We read things that require thought and effort. We may also take classes or workshops to expand our interests and knowledge. We find ways to keep our minds sharp by memorizing phone numbers, poems, etc.—things we used to do before smart phones.

D. Creativity

We take time to nourish our own creativity. This may include participating in artistic endeavors such as writing, visual arts, music, theater, dance, singing, etc., or we may direct that creative process toward whatever endeavors fulfill us.

Thank you all for reading.

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

Our speaker, (name), will now qualify for 10-15 minutes. Afterwards, we will open the meeting for anyone who wishes to share. (name), how would you like your time kept by the timekeeper? Timekeeper, please let our speaker know when ___ minutes are up and when their qualification has ended.

(Speaker now qualifies)

Thank you, (name), for sharing your experience, strength, hope with us.

Open Sharing:

We will now open the meeting for sharing. We ask members to focus on featuring an item of your Media Replacement Plan or share what is current for you in building the Media Replacement aspect of your recovery. We do not engage in crosstalk, 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 your addictive media.

Timekeeper, can you please let the person sharing know when two minutes are up and again at three minutes? Please acknowledge the timekeeper's warning at 2 minutes by saying, "Thank you," and at 3 minutes, please wrap up quickly.

If you want to share, please clearly raise your hand on the screen and wait to be called, then unmute yourself. Tell us your name, and, if you're comfortable, your location. This helps to facilitate connection and outreach.

(Wrap up at 57 min)

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 or at our next meeting. Please come back.

Is our speaker (name) willing to serve as newcomer greeter after the meeting? Great! *(If not)* Who would like to volunteer to do this service? (name) ? Great!

Seventh Tradition:

It is now time for the 7th Tradition. 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 our website at www.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.

If you want to share your contact information in the chat for outreach, you can do that now. The chat can be saved on your computer or phone if you go to the 3 dots in the corner.

Announcements:

This group holds its business meeting the last Sunday of the month following the close of the meeting. If you would like to take part in the meeting by doing service, please attend our business meeting! We also encourage members to volunteer to qualify and feature an activity from their Media Replacement Plan at a future Sunday meeting. Please contact today's leader if you would be willing to do so.

Are there any other MAA related 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. We do not take outside the meeting whom we hear at the meeting. If we try to absorb what we have heard, we are bound to gain a better understanding of the way to handle our problems and begin to change our lives. 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 join me in saying 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.

I will now turn the meeting over to our Newcomer Greeter (name)

(Fellowship/Newcomer Meeting ends 20 minutes after the meeting.)