Media Addicts Anonymous

BEFORE AND BEYOND BACK-TO-BASICS

Open Big Book Step Study Group

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**Month One Homework Assignments**

**Week #1**

1) Write out your history of media addiction (see guide on the [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org) homepage under Open Back-to-Basics Step Study, Month One).

2) Fill out a resistance worksheet (see worksheet on the [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org) homepage under Open Back-to-Basics Step Study, Month One).

3) Read both to your sponsor, co-sponsor, action partner, or a fellow member of MAA.

**Week #2**

1) Listen to qualification by Cindy at MAA’s Call-in Number 978-990-5099, Access Code 385988#, Reference #6, or you can access it on the MAA website at <https://www.mediaaddictsanonymous.org/there-is-a-solution>, 1/9/2021, “Looking for God in All the Wrong Places.”

2) Create your Media Usage Plan and consider fasting from all unnecessary media while working the Steps (see worksheet on the [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org) homepage under Open Back-to-Basics Step Study, Month One).

3) Create your own Media Replacement Plan (see worksheet on the [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org) homepage under Open Back-to-Basics Step Study, Month One).

**Week #3**

1) Create your Media Withdrawal Plan (see worksheet on the [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org) homepage under Open Back-to-Basics Step Study, Month One).

2) Fill out the Urge Surfing worksheet for practice before you need it. It really helps.

3) Listen to qualification by Jane at MAA’s Call-in Number 978-990-5099, Access Code 385988#, Reference #7, or you can access it on the MAA website at <https://www.mediaaddictsanonymous.org/there-is-a-solution>, 1/16/2021, “From Media Insanity to Restored to Sanity.”

**Week #4**

Spend 15 minutes a day writing on the 7 prompts listed below. They are all quotes from the Big Book of Alcoholics Anonymous. When finished, read them to your sponsor, co-sponsor, action partner, or fellow member of MAA.

**Prompt 1:**

**“My friend suggested what then seemed a novel idea. He said, ‘*Why don’t you choose your own conception of God?*’”**

What is your perfect conception of a Higher Power?

Describe what it would be like to be working with such a Higher Power.

What keeps you from experiencing this personal conception of a Higher Power?

**Prompt 2:**

**“Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.”**

What do you feel you are still holding onto and what do you think it means to let go absolutely?

**“Lack of power, that was our dilemma.”**

Where do you feel the lack of power when it comes to media?

**Prompt 3:**

**“After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to [become drunk on media] again. This is repeated over and over, and unless this person can experience an entire psychic change there is little hope of [ ] recovery.”**

Describe your last binge.

What were the thoughts and actions leading up to it?

Where did you rationalize?

Where did you feel the phenomenon of craving?

**Prompt 4:**

***“The fact is that most [media addicts], for reason yet obscure, have lost the power of choice [to use media]. Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense again the first [click].”***

Where do you feel defenseless against the first click?

**Prompt 5:**

**“The remorse, horror, and hopelessness of the next morning are unforgettable. The courage to do battle was not there. My brain raced uncontrollably and there was a terrible sense of impending calamity.”**

When and where did you first realize that something was not right about the way you were using media?

**Prompt 6:**

**“Thus was I convinced that God is concerned with us humans when we want Him enough.”**

What does the above sentence mean to you?

**Prompt 7:**

**“These were revolutionary and drastic proposals, but the moment I fully accepted them, the effect was electric. There was a sense of victory, followed by such a peace and serenity as I had never known.”**

Have you accepted in your innermost being that you are a media addict?

If so, how is this acceptance taking you towards "victory" as well as "peace" and "serenity?"

**Congratulations!** You have completed Month One. You are a rock star! Enjoy being media sober. Reach out to everyone in the group as we continue on this journey together. Remember, we must enjoy our lives no matter what. We must find a way to be satisfied and happy without our addictive media or else the obsession of the mind will bring us right back to a binge. Optimism and cheerfulness are key. Gratitude is the door that opens us into a world we never could have imagined.