***MEDIA ADDICTS ANONYMOUS***

**WORKSHEETS FOR HAPPY MEDIA SOBRIETY**

**PART 1**

**MEDIA REPLACEMENT PLAN**

**Because many of us use media as our main source of relaxation and entertainment, we need to find other activities that bring us joy. 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 them. We share this plan with our sponsor or action partners 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 minds 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 smartphones.**

**D. Creativity**

**We take time to nourish our 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.**

**ASSIGNMENT:**

1. Write a list of 10 things you can do for fun, pleasure, and relaxation.
2. Who are three people you want to connect with more? How can you start doing this today?
3. What are three things you can do to exercise your brain this week?
4. What are three things you can do to be more creative in your life? Can you begin one of these things this week?

**PART 2**

**DAILY BODY CARE AWARENESS AND ADEQUATE SLEEP**

Media distracts us from taking care of and connecting with our bodies. Our ability to get sober and stay sober from electronic time drunkenness depends on a good night's sleep. Therefore, we suggest setting a media curfew for ourselves and a regular bedtime. We try to keep electronic media out of the bedroom. During the day we stay connected to our bodies, feeding them nourishing food and getting proper exercise and fresh air. We learn to be fully present in our bodies and take time to ground ourselves in the natural world by getting out into nature without our media. We feed all of our senses, allowing ourselves to experience more beauty and pleasure in our lives. When appropriate we utilize health care & healing providers.

**PLEASE ANSWER THE FOLLOWING QUESTIONS:**

1. What time do you want to get to bed?
2. What time do you want to get up in the morning?
3. What are three things you can do this month to take better care of your body?

**PART 3**

**MEDIA SOBRIETY PLAN**

A Media Sobriety Plan helps us abstain from the compulsive use of media/tech and the time drunkenness that follows. A personal plan for media/tech usage will guide us in our media decisions, as well as define what, when, how, where, and why we use our devices. With the help of a sponsor and/or media accountability partner, each member develops a plan based on an honest appraisal of their compulsive media usage. We continue to reevaluate our plans to keep ourselves accountable so we don’t rationalize “acting out” and feed the addiction. Timekeeping and the use of a timer are invaluable in applying our sobriety plan to our daily actions.

1. What media is necessary for work?
2. What media is necessary for connection with family and friends?
3. What else do you use media for?
4. What are the types of media you feel you get drunk the most? Be specific.
5. What time of day is the hardest for you to stay away from media?
6. How much time a day do you want to spend in front of a screen?
7. What do you want to use your media for? (Example, relaxing, entertainment, business, etc)
8. What don't you want to use your media for? (Example: Fighting with people on Facebook, getting lost in the negative news cycles, etc.)
9. What would be a good time to turn media on and off during the day?

**Assignment:**

Write a specific plan of action that you send to your Sponsor and media sobriety partners. Print it up so you can keep it in front of you. Read it daily for 21 days.