**HERE ARE 10 QUESTIONS TO HELP YOU TO STAY CONNECTED AND SOBER! READ YOUR ANSWERS TO GOD, TO YOURSELF AND TO ANOTHER HUMAN BEING**

Media Addicts Anonymous International

BEYOND BACK TO BASICS: A DESIGN FOR LIVING

STEPS FOUR AND FIVE

4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves, and another human being the exact nature of our wrongs.

Answer one question per day, for about 15 minutes. Minimally answer 5 questions. We will be focusing on step 3 for one week. Share your writing with an action partner or sponsor.

If you are moved to write more, go for it!!

All of the following questions pertain to steps 4 and 5.

**"Our [media] was but a symptom. So we had to get down to causes and conditions.”**

1. What does the Big Book mean by "causes and conditions?"

**“But with the [media addict], whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. …”**

2. Why can't you afford to hold onto resentments anymore?

**"Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes."**

3. What keeps you from looking at your own side of the street?

4. Where do you still want to blame the other person?

**“Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick, too."**

5. How do you go about forgiving those who you feel have wronged you?

**“We reviewed our fears thoroughly… We asked ourselves why we had them. Wasn’t it because self-reliance failed us?"**

6. How has your self-reliance created fear in your life?

**"We trust infinite God rather than our finite selves."**

7. How can you practice doing this daily?

**"We are in the world to play the role [God] assigns."**

8. Where do you think God needs you and wants to use you?

9. Are you afraid God will ask you to do something you don’t want to do?

10. Is it still hard for you to imagine God cares so much about your personal choices, and life situations? Write about this in depth.