

**EXAMPLE**  
**Resistance Worksheet**  
**for Media Fast**

(Complete this worksheet and read it to your sponsor)

**Goal:** to be 100% committed to staying and being media sober.

Start Date: 1/5/22

End Date: 1/31/22

**1. Why do I want this goal?**

I don't want to keep circling back to slipping. I want to be free and joyful in my life. I want to have vitality and energy. Media slips zap that. I want to feel that I don't let myself, God or others down. I want to be able to live my life purpose without sabotaging myself.

**2. Why don't I want this goal?**

I am afraid to not have something to fall back on when I need it. I want to be able to know what is going on in the world and be a good citizen. I want to be able to talk to other people about what is going on. I want to not feel I am alone or lonely in this time of covid. I want to get answers.

**3. Write one short sentence, what is my resistance?** What is it I am afraid of or what is it that keeps me from enthusiastically committing to my week of media fasting. (Example: I will NOT be able to handle my feeling if I don't use my media.)

**If I don't have something to relieve this fear or pain, I will crack.**

**4. Can you absolutely know that your statement above is true?** (This is a yes or no question only)

No

**5. What are your reactions when you believe this thought?**

I panic. I feel it in my chest. I feel like I almost leave my body. I want to squiggle out of things. I want to run. I feel trapped. I feel desperate like I might die. I feel like I would rather die than feel this.

**6. Who would you be and how would you live without this thought?**

I feel calm; centered and in myself. I would live free. I would trust myself and god. I would be more in my body and more authentic. I would look for other solutions.

**7. Turn this thought around to the exact opposite.** (Example: I WILL be able to handle my feeling if I don't use.)

1—If I turn to media to relieve this fear or pain, I will crack. (see purple below)

2—If I turn to God/others to relieve this fear or pain, I will be solid. (see blue below)

**8. Give 3 examples where this is just as true as your original statement.**

1. Media eventually creates more fear and pain in me—it makes me crack.

1. Talking to other people really does relieve my fears and pains. God with skins on them. It's the only way I have felt less alone in my fears and pain.

2. Media undoes my life purpose and goals, I can never keep my life up when I lose myself in media

2. When I take my quiet time and two-way prayer, I can feel God's comfort and messages. This relieves my fear and can often lead me to cry and this helps dissolve my pain.

3. Eventually I actually feel more suicidal and hopeless when I get on media. I hate myself and my life and want to get out of this pain more.

3. When I go to meetings I hear others speak and it gives me hope and lifts my spirit. I feel a part of something and less alone.

**9. What are you willing to give up to reach this goal?**

The belief that media keeps me from cracking or that any addiction keeps me from cracking.

**10. What are you willing to receive to obtain this goal?**

God's love and comfort and support. A good nights sleep. Friends and a tribe who loves and understands me; my inner truth and self-love. Self-esteem by not letting myself down. Freedom and a beautiful life.

### **11. What are your liabilities that you need to address?**

1. Dishonesty—telling myself that media will make it better when it NEVER does.
2. Procrastination— Putting off making an action plan and media sobriety plan. Not turning off the phone or computer when I say I will.
3. Self-centeredness—Believing that I have to run the show and have to control the world and its people.
4. Distrust—That I won't be okay if I don't know what is going on all the time. That something bad will happen to me.
5. Envy—That other people can use with impunity and I can't.
6. Selfishness and self-pity—Feeling I will lose my life as I have known it because I won't be able to talk to others about what I see on TV. That I won't get relief and the dope that makes me feel good in the moment. Keeping myself busy with media rather than being with people and making a difference in their lives.
7. Defiance—That I am different. That God didn't give me the life I wanted and I have a right to rebel. That others are responsible for my problems, pain, and fears.
8. Pride—I get to be right. I get to judge others. I need to know what's on media so I can be superior. If I don't know I will be seen as stupid. I will be seen as a loser. I won't have any way to connect with others.

### **12. What are the assets you will activate to accomplish your goal?**

1. Honesty—That media does not get me where I really want to be: closer to myself, nature, God, and others. Closer to my soul's purpose.
2. Action—Making my plans, keeping clear with my 3 lines, scheduling my time on and time off and sticking to them. Taking a few seconds to always bookend.
3. God-Centeredness—Letting go and letting God. Staying connected to my God-intuition throughout the day. Living on the "inner-net" and letting God run the show.
4. Trust—Knowing that God has got me. That anything I need to know will be given to me. That I am safe and that if I trust in God's plan and following my inner voice of wisdom, I will find my way even in the darkest of times.
5. Contentment—I choose to be happy with the way I live my life media sober. I am happy for those who can use media and let go of needing to connect with them through media. I remember that media is not the most important thing in my life, that my connection to myself, God, and others fulfills me more deeply than media ever could. I find the humor and beauty in my life, in the present and in the small moments that bring me the most joy.
6. Consideration and Self-compassion—I take the time to slow down and give myself breaks. I have clear things I do everyday to be in my body and have fun. I take time to be with God. Get enough rest. I consider myself before I agree to do something. I consider others before I speak. I look at the whole situation from as many angles as I can.
7. Surrender—I let go of my need to rebel. I let go of blaming others and I forgive. I let God have all of me, good and bad.
8. Humility—I listen to others and keep my mind open. I see everyone is doing the best they can. I have compassion for those who are suffering and find my own humanity in being open to those who I don't agree with. I see we all have a right to our feelings and opinions. I don't try to convince others to agree with me. I stay equal to everyone. I stay neutral within and open. I say the "Set Aside Prayer." I forgive those who I believe have hurt or wronged me and see that they too are in pain and suffering, just like me.