

Relax, Reflect and Recover

Sharing Meeting of Media Addicts Anonymous

Tuesday to Friday from 2:30pm to 3:00pm EST and Fellowship Time

Zoom ID: 881 6683 9368 – Passcode: 987162

<https://us02web.zoom.us/j/88166839368?pwd=UkV5YzRKbFJCUm5MOG5YYnh4eG9zQT09>

PLEASE TAKE A MOMENT TO READ THROUGH THESE INSTRUCTIONS.

Standards to moderate this meeting:

- Please join the meeting *at least 5 minutes early*.
- Please do not moderate from a mobile device as in can be disruptive to the meeting. Do it from a computer.
- Please keep your camera on throughout the meeting.

If you choose to claim Zoom Host, please assign a Co-host before the start of the meeting. Please see [below](#) for instructions on choosing a reading for today's meeting,

Greeting: Welcome to this open *Relax, Reflect and Recover* meeting of Media Addicts Anonymous. My name is _____ 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.

Serenity Prayer: Please unmute yourself and will all who care to, 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.*

Preamble: Media Addicts Anonymous is an international 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 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 adapted for Media Addicts Anonymous as our program of recovery; we use the MAA tools to clarify compulsive, obsessive, or destructive media-related behaviors and to develop strategies to improve our general quality of life.

Our primary purpose is to abstain from personal addictive media one day at a time and to carry the message of recovery to other media addicts who still suffer.

Welcome Newcomers: We extend a special welcome to newcomers. Are there any newcomers to this meeting? Please unmute and introduce yourself by telling us your first name and location, so we may welcome you. **(Pause and wait for newcomers to respond.)** It

is suggested you attend at least six meetings, so you have time to identify with the speakers, begin to absorb the concepts, and learn more about the MAA program.

After the close of this meeting, we will have the possibility of fellowship time when we greet our newcomers informally and answer any questions you may have; everyone is invited!

READING

Moderator. Please pick from ONE of the following readings, and have someone in the meeting read. (Note: There are 3 additional reading options on Page 4 of the script - See: [ALTERNATIVE READINGS](#) below). You may do the reading yourself or share your screen and ask for a volunteer to read the following:

READING OPTION 1: Daily Reflection:

Choose a daily reflection from <https://www.aa.org/pages/en/daily-reflection> or <https://www.jftna.org/jft/index.php> or another 12 step daily reflections book. You may also choose to read from the [ALTERNATIVE READINGS](#) on Page 4 below.

Timekeeper: Who will be our timekeeper for today? (Wait for a volunteer) Thank you, _____!

Open Sharing: If you want to share, please clearly raise your hand on the screen, or use the digital option for raising your hand under *reactions*. Before speaking, please wait to be called on, then unmute yourself. Please tell us your first name and, if you're comfortable, your location.

We ask members to focus their shares on the symptoms of their addiction and the MAA tools of recovery from media. 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 note, we do not mention media titles, specific content of our addictive media, or make reference to current events.

Please limit your share to ___ minutes. (Share time is at the discretion of leader. It's suggested to have two-minute shares if the meeting is 12 people or more and three-minute shares for smaller meetings.)

Read if the shares will be three minutes:

Timekeeper, will you please let the person sharing know when two minutes are up by raising a finger and then saying "times up" at three minutes? Those who share, please acknowledge the timekeeper's visible or verbal warning at two minutes by saying, "Thank you," and at three minutes, please wrap up quickly. Who would like to speak?

Read if the shares will be two minutes:

Timekeeper, will you please let the person sharing know when one minute is up by raising a finger and then saying "times up" at two minutes? Those who share, please acknowledge the

timekeeper at one minute by saying, "Thank you," and at two minutes, please wrap up quickly. Who would like to speak?

Wrap Up at 27 minutes:

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 after we close. Newcomers are welcome to stay after the meeting to ask any questions you may have.

Who would be willing to host the fellowship time following the meeting? It is preferable that the person hosting has attended six or more MAA meetings, but this is not a requirement. (Wait for a volunteer) If this is your first time hosting fellowship time, I will give you brief instructions following the close of the meeting. (**IMPORTANT: IF the meeting Moderator has claimed Zoom Host, please be sure to make the volunteer for fellowship time the Zoom Host PRIOR to you leaving the meeting.**)

Seventh Tradition: It is now time for the 7th Tradition and announcements. MAA has no dues or fees. We are self-supporting through our own contributions. Contributions can be made on the MAA website. Please look for the link in the chat and give what you can; if you can give nothing at this time, keep coming back because you are more important than your money.

Moderator: Please post the following link in the Zoom chat:

Donate to MAA here: <https://mediaaddictsanonymous.org/donate>

Announcements: This group holds its business meeting on the third Friday of the month following the close of the meeting. The next business meeting will be held on Friday (**insert month and date**). Please come to our business meeting! We could really use more members to give service at our meetings each week on Tuesday through Friday. If you are interested in being a meeting leader for the month of (**insert next month**), please attend our business meeting, or see me after the meeting.

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. What we have heard here has been spoken in confidence and should be treated as confidential. 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 unmute yourself and will all who care to 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!

INSTRUCTIONS for fellowship time host: The suggested length for fellowship time is 20 minutes unless you would like to host for longer or someone else wants to take over hosting once you leave. A suggested format for fellowship time is to start with any newcomer questions followed by sharing from anyone who did not get a chance to share in the main meeting or anyone who wants to take an additional share. If you are made Zoom Host of the meeting or claim Zoom Host, please assign Zoom Host to someone else prior to leaving the meeting if you leave while others are continuing to have fellowship time.

REMINDER: If the Moderator is currently Zoom Host, please assign the volunteer who is leading the fellowship time as Zoom Host prior to leaving the meeting (to avoid shutting down the meeting for all). If there is no Zoom Host currently, it is NOT necessary to claim Host.

End of Meeting. If this is a Business Meeting, please proceed to the last page of this format.

(Fellowship/Newcomer time typically ends 15-20 minutes after the end of the meeting. Please begin by asking if there are any Newcomers to either this meeting or MAA who may wish to ask a question.)

ALTERNATIVE READINGS:

READING OPTION TWO: The 9th Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations, which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

READING OPTION THREE: The Signs and Symptoms of Media Addiction

1. Dissatisfaction with everyday life—We depend on media as a way to avoid emotional discomfort, boredom, pain, and problems. Media has become our main source of relief, reward, relaxation, recreation, and relationships.
2. Mental obsession—We have a *fear of missing out* so we want our media with us at all times. We are preoccupied with what's trending in the news and social

media. We lose ourselves in gossip, too much information, and the absorption of negative media, all of which result in constant unrest and agitation.

3. Depression, shame, and hopelessness—We feel depressed, shameful, and guilty about the amount or type of media we are consuming. We want to stop, but we don't believe we can live without our media dependency. This hopelessness has caused some of us to have suicidal thoughts or prolonged periods of depression and anxiety.
4. Compare and despair—We compare ourselves with what we see in magazines, films, TV, and social media. We try to create a persona that other people will admire, but end up feeling despair when we can't live up to those ideals. We are compelled to follow seemingly perfect people on social media even though we know it repeatedly makes us feel inferior.
5. Isolation—We prefer to be alone with our media rather than socialize. When we are with other people, we often become distracted by our devices. Isolation causes us to avoid those activities in life which used to bring us joy and connection.
6. Fantasizing—Rather than having meaningful relationships with real people, we turn to media to satisfy our need for romance, intimacy, and sexual fantasy. We end up feeling a deeper loss of intimacy with others which leads to more deprivation and loneliness than before.
7. Risky behavior—We will endanger our health, life, or someone else's life to get our media fix. We may drive while sending text messages, overeat while bingeing on TV, or deprive ourselves of sleep while using all forms of media.
8. Time irreverence—Time is the only commodity we can never get back. When grazing or bingeing on media, we lose track of time and forget what is truly important in our lives. Media takes priority over everyone and everything.
9. Avoiding our life's purpose—We abandon creative endeavors, intellectual pursuits, and prioritization of our goals because we focus on passive media consumption instead. We jeopardize our income, education, careers, and overall success by procrastinating and repeatedly using media during study and work hours. We lose faith in ourselves and hope for the future.
10. Disconnection from our bodies and nature—We become detached from our body and do not fully enjoy all of our senses. We fail to meet our body's basic needs for rest, sleep, exercise, and good nutrition. We hide indoors with media while avoiding the nourishment and beauty of the natural world.
11. Physical ailments—With prolonged media usage we experience backaches, neck pain, headaches, disturbances in sleep, digestive issues, carpal tunnel syndrome, and vision problems.

12. **Withdrawal symptoms**—When we stop using our addictive media, we experience withdrawal and detoxification symptoms. Any time we give in to our compulsion to use our addictive media, we reignite the “craving” and find it increasingly more difficult to stop again.

READING OPTION FOUR: The Tools of Action for Media Addicts

Tools of Action for Media Addicts

These actions support media sobriety

1. **Go to meetings**—We attend MAA meetings to learn about media addiction, stop isolating, gain support, and identify with other recovering media addicts. Meetings are the platform we use to build a robust personal support network and a real sense of belonging. We encourage newcomers to attend 90 meetings in 90 days to jump-start their recovery.
2. **Give service**—Giving service right away is THE MASTER PLAN for finding success in getting and staying media sober. Service gives us immediate purpose and connection within our fellowship. We suggest that every newcomer and old-timer choose a home group and take on a service position. Any form of service, such as moderator, time-keeper, action partner, dashboard operator, etc., adds to the quality of our own recovery and helps us stay sober. Sponsoring and carrying the message to the media addict who still suffers is the cornerstone of our own personal recovery.
3. **Work with a sponsor**—A sponsor is a media-sober member of MAA who is working MAA's Steps and Tools to the best of their ability. We ask a sponsor to guide us through the Twelve Steps and assist us in staying media-sober. We work closely with our sponsor to discover what behaviors, emotions, situations, and circumstances trigger the “phenomenon of craving,” and the things that may contribute to being out of control and compulsively using media.
4. **Fast from unnecessary media**—Fasting is an essential tool if someone sincerely desires relief from media addiction. It is the tourniquet we use to stop the bleeding. We strongly advocate fasting from unnecessary media long enough to break the compulsive cycle. By fasting from all media except what is necessary for work, school, or family needs, we see our media addiction with greater clarity, detoxify our minds and bodies from the overuse of media, and begin to connect to ourselves and others in deeper and healthier ways.
5. **Design a media replacement plan**—Because media has become our main source of relief, relaxation, reward, recreation, and relationships, we need to find other activities we enjoy. A media replacement plan is an important system to create as soon as possible so we will have enjoyable and healthy activities to replace media.

6. Create a media withdrawal plan—When we stop using media, we find there is often a period of withdrawal and detoxification. A media withdrawal plan provides us with a strategy to get the help and support we need during early abstinence. A sponsor and/or action partner help provide tools and guidance in creating this personal plan.
7. Get an action partner and make outreach calls—We find it helpful to pair up with an action partner to help us stay accountable with our media usage on a regular basis. Media addiction isolated us from real people. We recover from loneliness and gain support by making frequent outreach calls to other media addicts. We use our support network to bookend our media use.
8. Prioritize sleep and body care—Our ability to get sober and stay sober from media includes getting proper rest and a good night's sleep. Therefore, we suggest setting a media curfew for ourselves along with a regular bedtime. We keep electronic media out of the bedroom. During the day, we stay connected to our bodies by eating nourishing food and getting proper exercise and fresh air.
9. Meditate—We regularly take time to meditate in order to feed our spirits in ways that media never could. Meditation helps us connect to a Power greater than ourselves which then trains our mind to turn to this Power rather than seek relief through media.
10. Read recovery literature—We regularly read and study MAA literature as well as the literature of Alcoholics Anonymous to deepen our understanding of addiction and the pathway to freedom and recovery.
11. Clarify through writing—When we write our thoughts down, it allows us to see our disease more clearly. Writing is an indispensable tool for working through our emotions. When we put our difficulties down on paper, it becomes easier to understand a situation and discern any necessary action.
12. Develop a media sobriety plan—After we have fasted and become media sober (i.e., abstinent from all unnecessary media) and taken all Twelve Steps with a sponsor, we work with our sponsor to create a media sobriety plan. This plan outlines our personal intentions for media usage. It is our unique guide to making media decisions, as it defines what, when, how, where, and why we use our devices. For many of us, our sobriety plan becomes a continuation of our media fast, that is, refraining from any unnecessary media. Ultimately, our media sobriety plan excludes any media that is our alcoholic (bottom line) media. We continue to re-evaluate our plan with our sponsor to stay media accountable and prevent relapsing.

MAA BUSINESS MEETING FORMAT

On the third Friday of the month, use this business meeting format for MAA *Relax, Reflect, Recover* meeting which gathers regularly Tuesday-Friday 2:30-3:00 pm (EST).

All say the “WE version” of the Serenity Prayer

Ask for a timekeeper

If the group Secretary is not present, ask for a note taker. Instruct the Secretary or note taker to write the names of all members in attendance.

Chair announces that the meeting duration is 20 minutes with the possibility of two five-minute extensions and asks the timekeeper to give notice when nearing the time limit.

Procedures:

MAA Business Meetings follow procedures similar but not the same as Robert’s Rules of Order.

In a nutshell, these procedures include the following:

When new motions are made, they must be seconded, then followed with discussion. When there’s no more discussion, the chair calls for a vote. When the chair asks, all in favor then participants raise their hand virtually or physically and the hands are counted by the chair and recorded by the secretary. The same method follows when the chair asks, all opposed? and all abstaining? When there is a majority, the motion passes. If not, the motion fails. If any member who is in the minority vote didn't voice their views before the vote, they may do so now. The chair then asks if anyone wishes to change their vote after listening to minority voice. If there’s a tie and there’s time, it can be discussed further, perhaps revised, and voted on again once the new motion is made on the revised version. If there’s not time, the motion gets added to new business for the next business meeting. A motion to adjourn the meeting, if seconded, must be voted on immediately, without discussion.

Reports:

Secretary’s minutes of the previous meeting

Other reports (including the report of the group GSR)

Filling of Service Positions:

1. Monthly meeting moderator; chair will book moderators for RRR meetings on Tuesday-Friday (1-month position)
2. Business Meeting Chair (3-month position)
3. Business Meeting Secretary (3-month position) ~ please post new moderator roles and any unfilled positions in the RRR WhatsApp Moderators group.
4. Contact person listed on MAA website (1-year position)
5. GSR (1-year position when it becomes applicable)

- Old Business (anything left unresolved from the previous meeting)
- New Business
- Adjournment
- All say the WE version of the Serenity Prayer