Media Addicts Anonymous

Back to Basic, A Design for Living

FASTING PLAN AND TOP/MEDIUM/BOTOM LINES

"Bottom-lines" are self-defined activities which we refrain from in order to experience our physical, mental, emotional, sexual and spiritual wholeness. Recovery begins by admitting that following our addictive path is making our lives unmanageable and we are powerless to stop

**We are fasting from any unnecessary media for this month. Please answer these questions:**

1. What media is necessary for work, family, recovery, or personal needs? This is the media that you will discuss with your sponsor that you can use as long as it is necessary for this month. Remember, **when in doubt, leave it out.** All media should help create an abundant and useful life, these are your top lines combined with using all the steps and tools.
2. What media is your alcoholic media, the media that you can't stop using once you start or the media that triggers the obsession of the mind? These are your bottom lines.
3. What triggers you to want to use media? What are your gate-way drugs: i.e., reading news headlines, talking to people about movies or TV shows, subscription updates, etc. These are things to avoid, and are your middle lines. So everything you can to clear out from your phone, computer, and household, anything that may be trigger. If you live with someone who uses your alcoholic media, talk to them about your needs and ask them to help you. Do the same when visiting friends. Let people know, most friends, if they really are your friends, will help support you in this one month fast.

**Please create your top line, middle lines, and bottom lines with media.**

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Examples:

Top line:

I am living joyfully and freely. Working the steps daily, meditating daily, going to meetings daily, enjoying my life without media no matter what, etc.

Middle line: (these are things that are gateway drugs—they lead us to pick up):

Negative thinking, self-pity, self-protection, resentment, fear etc. Opening up You Tube and reading the titles, talking to people about the media we are addicted to, not telling people we need to turn the TV off or let them know that media doesn't agree with me, etc.

Bottom line:

Watching or using any of your alcoholic media. Media that triggers the compulsion to use more. Media that triggers the obsession of the mind. etc.

TOP LINE:

MIDDLE LINE:

BOTTOM LINE:

**Please create an introduction for yourself and bring it to our next meeting:**

Hi my name is \_\_\_\_\_\_\_\_\_\_\_a media addict

My alcoholic media is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

And my triggers are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

And my bottom line is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_