

**THE BOSTON STRONG GROUP F2F MEETING**  
**of Media Addicts Anonymous**  
Tools and Promises Meeting

SUNDAYS 6-7 PM Eastern Time  
Venue: TBD

Meeting Moderator: Please arrive at the meeting 10 minutes early to welcome members and be prepared to start on time.

**Welcome** to the 1-hour *THE BOSTON STRONG GROUP of Media Addicts Anonymous, Tools and Promises Meeting*. This is an open meeting and everyone is welcome.

We will begin our meeting with the serenity prayer:

*“God, Grant us the serenity to accept the things we cannot change, the 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 as a whole 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 and utilize the tools of MAA 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.

The A.A. Preamble is adapted with permission of the AA Grapevine, Inc. Permission to adapt the Preamble does not in any way imply affiliation with or endorsement of this organization.

We will now go around the room and introduce ourselves by first name only so we can welcome you.

It is suggested you attend at least six meetings so that you have time to identify with the speakers, begin to absorb the MAA concepts and learn more about the MAA program. This Media Addicts Anonymous meeting focuses on the tools to provide help and support to members who are struggling with compulsive media usage. We invite you to share honestly about where you are in your recovery. All members are welcome to share;

there are no requirements for sharing. We suggest you put away all devices and pay attention to all that is being said. By focusing on this meeting without distraction you will get this program much faster.

Here is how our meeting will unfold:

1. We will read the 12 Steps and 12 Traditions
2. We will take 5 minutes to read MAA Literature
3. We will then read the MAA Tools
4. We will then ask a media sober member to qualify for 5 minutes and pick a tool of MAA for us to discuss.
5. After that, we will open up the meeting for 2-3-minute shares
6. At 5:50 We will break for the 7th Traditions and announcement
7. After that, we read MAA Promises
8. We will close the meeting at 7 PM.
9. After the meeting, we will have a “Fellowship Parking Lot” where you can exchange numbers and newcomers can ask any questions

We need a spiritual timekeeper for this meeting. Do we have a volunteer to keep time? (Get volunteer) Thank you \_\_\_\_\_.

Who would like to read The Twelve Steps of Media Addicts Anonymous?

### **The Twelve Steps of Media Addicts Anonymous**

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over media—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God’s will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other media addicts and to practice these principles in all our affairs.

**Moderator continues**

Thank you. I will read the Tradition of the Month and the 12th Tradition.

### **The Twelve Traditions of Media Addicts Anonymous**

1. Our common welfare should come first; personal recovery depends upon MAA unity.
2. For our group purpose, there is but one ultimate authority—a loving God as is expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for MAA membership is a desire to stop compulsively using media.
4. Each group should be autonomous except in matters affecting other groups or MAA as a whole.
5. Each group has but one primary purpose—to carry its message to the media addict who still suffers.
6. An MAA group ought never endorse, finance, or lend the MAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every MAA group ought to be fully self-supporting, declining outside contributions.
8. Media Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. MAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Media Addicts Anonymous has no opinion on outside issues; hence the MAA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

**Moderator continues**

We will now read MAA Literature for 5 minutes (**The moderator can pick 2-3 items in this meeting literature packets**)

**(After 5 min) Moderator continues**

We will go around the room and ask each person to read 1-3 The Tools of Action for Media Addicts

### **Tools of Action for Media Addicts**

These actions support media sobriety

**(Short Form)**

1. **Go to meetings**—We attend MAA meetings to learn about media addiction, stop isolating, gain support, and identify with other recovering media addicts.

2. **Give service**—Giving service right away gives us immediate purpose and connection within our fellowship and helps keep us sober.
3. **Work with a sponsor**—A sponsor is a media-sober member of MAA who is working on 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.
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.
5. **Design a media replacement plan**— 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**— A media withdrawal plan provides us with a strategy to get the help and support we need during the early period of withdrawal and detoxification.
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.
8. **Prioritize sleep and body care**—We set media curfews for ourselves along with a regular bedtime. We keep electronic media out of the bedroom. We stay connected to our bodies by eating nourishing food and getting proper exercise and fresh air.
9. **Meditate**— 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 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**—We work through our emotions by writing our difficulties down on paper. This makes it 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.

Thank you all for reading. We will now ask a sober member of MAA to qualify for 5 minutes on recovering from Media Addiction. (Ask a member to qualify.) Thank you name you will have 5 minutes to qualify. Timekeeper, name please give name a 1-minute warning and then let them know when the time is up. Please wrap up your qualification when the time is called.

(5 minute qualification)

Thank you \_\_\_name\_\_\_ for qualifying today. Would you please pick a tool or topic from our reading for us to focus on today?

(Qualifier picks a tool or literature to focus on)

Thank you. Today we are going to be discussing and focusing on the following: (tools or literature.)

To maintain the serenity of the meeting, we do not engage in cross-talk. We define cross-talk as interrupting, directly addressing another speaker, commenting on someone else's share, giving advice, or making suggestions. To keep this meeting safe for all members, we abstain from naming media titles or discussing the specific content of our addictive media or even current events. Timekeeper, \_\_\_name\_\_\_ will you please let the person sharing know when two minutes are up and again at three minutes when their share has ended? For those who are sharing, please acknowledge the timekeeper's warning by saying, "Thank you," and when time is called, please wrap up your share.

We will now open the meeting for sharing. **We wrap up this portion of the meeting at 6:50 PM.**

(Open sharing)

(At 6:50 PM, Moderator continues)

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 after-meeting fellowship.

We'd like to thank \_\_\_name\_\_\_ for qualifying and \_\_\_name\_\_\_ for keeping time; and for everyone else who has read and given service today. Thank you for allowing me to serve today as your moderator.

We encourage you to leave today with a media accountability partner and/or a sponsor if you don't have one. Please raise your hand if you are willing to sponsor someone or be an accountability partner. After the meeting, you will have an opportunity to exchange numbers with these members.

We have our business meetings every 4th Sunday of the month for 15 minutes directly after the close of this meeting. Please stay after the meeting to be a part of our self-governance.

It is now time to pass the basket for the 7th Tradition. MAA has no dues or fees. We are self-supporting through our own contributions, which are for the development of MAA literature, costs incurred by the MAA General Service Board, and the maintenance of the MAA website. This meeting also has rental costs. Our rent is \_\_\_ a month. Please give what you can to help this meeting thrive. If you would like to contribute to the MAA fellowship.

Contributions can be made via debit card, credit card, or PayPal at:

[www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org)

Please give what you can. MAA is a growing fellowship and needs your support.

(Pass the basket for the 7th tradition)

We will now take 2 minutes for announcements. Timekeeper, will you please let us know when two minutes are up? Are there any MAA-related announcements?

We will now go around the room and each person please read 1-3 of MAA's 12 Promises.

**The Promises of MAA**  
Signs and Symptoms of Media Recovery  
(Short Form)

1. Satisfaction with everyday life—We turn to our Higher Power and our fellowship to share emotional discomfort, boredom, pain, and problems as well as our joys and accomplishments. Community and spiritual living have become our main sources of daily satisfaction.
2. Cognitive indifference—We no longer have a fear of missing out and enjoy limiting the time on our devices. We actualize ourselves by being fully invested in our life purpose.
3. Enthusiasm, gratification, and hopefulness—Where once we felt despair, we now feel enthusiastic, gratified, and hopeful about life. This gratification has allowed us to have prolonged periods of joyfulness and serenity.
4. Identify and encourage—We identify with what we see in our circle of friends. We see through the myth of seemingly perfect people on media and know that our self-worth comes from our Higher Power.
5. Sociability—We prefer to socialize with others rather than isolate on media. When we are with real people, we are interested in their companionship.
6. Faithfulness—We have meaningful relationships with real people. We turn to authentic relationships to satisfy our need for romance, intimacy, and sexual fulfillment.
7. Conscientious behavior—We protect our health, safety, and others by being conscientious of our media at all times. We don't drive while sending text messages, watch TV when eating, or deprive ourselves of sleep because of media.
8. Time Reverence—Time is the only commodity we can never get back, therefore, we focus only on what is truly important in our lives. Vital living takes priority over everything media-related.
9. Achieving our life's purpose—We achieve our creative endeavors, intellectual pursuits, and prioritized goals. We build faith in ourselves and hope for our future.
10. Connect to our bodies and nature—We become deeply connected to our bodies and fully enjoy all of our senses. We meet our body's basic needs for rest, sleep, exercise, and good

nutrition. We regularly spend time outdoors enjoying the nourishment and beauty of the natural world.

- 11. Physical health—With less time in front of screens and constant media stimulation, we experience greater physical and mental health.
- 12. Sanity has returned—Eventually, withdrawal and detoxification symptoms pass, and we gain freedom from the mental obsession and cravings of media.

In closing, the opinions expressed here today are strictly those of the individuals who gave them. The things we have heard here are spoken in confidence and should be treated as confidential. We do not take outside the meeting whom we hear at the meeting. If we try to absorb what we have heard, we are bound to gain a better understanding of the way to handle our problems and begin to change our lives. 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. Please join me in saying the Serenity Prayer.

*“God, Grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.”*

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**Business Meeting Format**  
4th Sunday of the Month at 7 pm ET

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**Notes to Business Meeting Chair:**

MAA Business Meetings follow parliamentary procedures in ***Robert’s Rules of Order***. We follow these basic procedures:

- 1. **Motions** – When new motions are made, they must be seconded, then followed by a discussion. The Chair then calls for a vote (***“calls the question”***).

If someone **other than the Chair calls the question**, this must be voted on before the motion itself is voted in—that is, the group votes on whether to the end discussion first.

A **motion to adjourn** the meeting, if seconded, must be voted on immediately, without discussion.

- 2. **Voting** – Voting in this MAA meeting is conducted as follows:

When the Chair asks, ***“All in favor,”*** participants who agree raise their hands, and the votes are counted.

Similarly, when the Chair asks, ***“All opposed,”*** participants who disagree raise their hands, and the votes are counted.

The Chair also counts the number of abstentions and may ask ***“Who is abstaining”*** if it’s not immediately clear.

**FORMAT STARTS HERE:**

Welcome to our *Boston Strong* business meeting. Thank you all for being here and being a part of our group governance. Please join in saying 'we version' of the Serenity Prayer

Read MAA Tradition Two:

*"For our group purpose, there is but one ultimate authority—a loving God as is expressed in our group conscience. Our leaders are but trusted servants; they do not govern"*

**Meeting Duration & Timekeeping**

The chair asks for a timekeeper (and a notetaker if the meeting secretary is not present).

The chair announces that the business 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 (at the 17-minute mark).

**Reports**

1. The secretary reads the minutes of the previous business meeting. Request approval of meeting minutes by unanimous consent and ask if there are any objections to adopting the meeting minutes.
2. The GSR reads their report (where appropriate).

**Service Positions**

Elect as follows:

<b>Position</b>	<b>Term (months)</b>	<b>Name</b>	<b>Months remaining</b>
Moderator	1-2		
Business Chair	6		
Business Secretary	6		
GSR/Contact Person	12		

**Old Business**

Discuss anything unresolved from the previous meeting.

*Note: Old business will be dropped after two meetings if the person who brought up the topic is not present to speak on it.*

**New Business**

1. Ask if there are any new agenda items.
2. Discuss and vote on new agenda items. (*See Motions under Procedures above*).

#### Adjournment & Close

If there is no other new business and/or the time is up (including the two five-minute extensions), the Chair can call a vote to adjourn the meeting.

We will close the business meeting with the 'we version' of the Serenity Prayer.

#### Appendix 1

##### **MINIMUM QUALIFICATIONS FOR SERVING AS GSR**

- Be abstinent from alcoholic (bottom-line) media for 90 days (subject to change to one or even two years as our program grows).
- Have an MAA sponsor and are working the 12 Steps with your sponsor.
- Serve as an active member of your home group and attend your home group's business meetings regularly.
- Elected by your home group to serve as GSR.
- Commit to the GSR position for a one-year term.
- Resign from the position if you have a relapse.