**BACK TO BASICS, “A Design for Living”**

A Closed and Committed 12-Step Study and Media Sobriety Group

**Assignments for Month 1 Week 3 – Steps 4 Through 9**

**WEEKEND ACTION CHECKLIST**

1. Read your Fourth Step to your sponsor.
2. Attend the *Open Back to Basics* (or *There is a Solution*) phone meeting and volunteer to do service (Saturdays at 2 PM Eastern Time).

Free conference line call-in phone number: **978-990-5000** Enter Pin: **385988#**

If you can’t make the live call, you can **listen to the recording**:

* **Online** at MAA’s website (<https://www.mediaaddictsanonymous.org/there-is-a-solution>). Scroll down to view a list of recordings by year.
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**WEEKLY ACTIONS**

During the week, please listen to Garett's qualification. See Solutions Recordings access details above.

**Garett, Reference #16, “*Defining my Addiction*”**

**WEEKLY MEDIA FAST WRITINGS AND ASSIGNMENTS**

***Note****: What follows are daily writing prompts developed from the Tools of MAA, the Big Book of A.A., and the Back-to-Basic meeting script. Please use these prompts to write about your compulsive media addiction and recovery. Call or meet with your sponsor four times a week to read your writings.*

**Day 1 – Steps 4, 5 and 6**

1. **Fourth** **Step Long Form:** If you have not filled out the *Fourth Step Long Form*, please complete this assignment as quickly as you can.

Take one resentment on your *Fourth Step Inventory Short Form* worksheet and fill out a *Fourth Step Long Form* on this resentment.

1. **Writing Assignment**: Read the following excerpts and answer the questions **AFTER** **you have given your Fourth step to your sponsor**.

* “…Once we have taken this [5th] step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the [media] problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.”

**Question 1**: What was your experience giving away your Fourth step?

* “Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank [our Higher Power] from the bottom of our heart…. Taking [the Big Book] down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposal we ask if we have omitted anything…. Is our work solid so far?”

**Question 2**: Is your work solid so far? Please elaborate.

1. **Short 4 Step Inventory Part 2 – Liabilities to Assets**: Please make sure you completed Part 2 of the 4th *Step Inventory – Liabilities to Assets* column 5 before our session tomorrow. Tomorrow we will take the Sixth Step.

**Day 2 – Steps 6 and 7**

1. **REMINDER: 4th Step Inventory Part – Liabilities to Assets**. If you have not completed the *4th Step Inventory Part 2 – Liabilities to Assets* worksheet, please complete it now.
2. Memorize the *Back-to-Basics Seventh Step Prayer* or create a 7th Step Prayer for yourself.

*“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. AMEN.”*

**Day 3 – Steps 8 And 9**

1. **Writing Assignment**:Please answer the following questions pertaining to how your media addiction has affected other people in your life. Please answer the following questions. Don't worry about including every circumstance. You will repeat these steps again. Simply write what comes up for you today.
2. Where have you used media to avoid getting close to someone else? Who was hurt by this?
3. How have you used media to fight with someone? Who was hurt by this?
4. How have you used media to gossip or destroy someone's reputation? Who was hurt by this?
5. Where have you used media to avoid not working for your boss? (Include yourself if you are self-employed.) Who was hurt by this?
6. Where have you used media to avoid helping or giving service to others? Who was hurt by this?
7. How have you used media to avoid seeking help from your Higher Power? Who was hurt by this?
8. How have you used media to avoid your own feelings? Who was hurt by this?
9. How have you used media to avoid being in your body and in nature? Who was hurt by this?
10. **Eighth Step Worksheet – People We Have Harmed**:
11. Look at your answers to the above questions and circle the names of people you harmed by your media addiction and add those names to your *“Eighth Step Worksheet – People We Have Harmed”* form. Please include yourself on this list.
12. Complete the *“Eighth Step Worksheet – People We Have Harmed”* form. Try to be as thorough as possible. Please complete this worksheet **before tomorrow’s session**, so you may answer “*yes*” as we take Step 8. For help with the categories listed under Column 4, please refer to the document titled, *“B2B Eighth Step Support Material – Nature of Our Wrongs”* (included in your packet).

**Day 4 – Catch-Up Day**

Take this day to complete and catch up on assignments.

**Day 5 – Forgiveness Letter**

**Apology (or Forgiveness) Letter**:Write an apology letter to yourself from one of the people or institutions you listed in your Fourth Step Inventory. Include everything you'd want to hear from them to heal your resentment. Keep it simple, short, and concise. Be prepared to read this letter to your sponsor during your upcoming appointment this weekend. Please DO NOT write The Forgiveness Letter about someone to whom you have extreme emotional trauma. (Save this for therapy) Please use wisdom and common sense. This exercise is meant to heal you and not trigger you. So please, if you have any questions on who to write about, ask your sponsor or Group Sponsors.

Please write a letter from a person who you feel has harmed you and you are having a hard time forgiving. Let them give you the apology you always wanted or needed to hear from them, so that you may be able to heal this resentment. Write what you would like to hear them say to you for you to feel satisfied and happy.

Don't hold back, and please keep the letter simple, concise, and not too long. Be prepared to read this letter to your sponsor during your one-hour appointment this weekend.

**Day 6 And 7 – Weekend Actions**

1. **Forgiveness (or Apology) Letter**: Read to your sponsor the *Apology Letter* you wrote from the person who harmed you to you. Then answer the worksheet questions your sponsor will ask you. Then re-read the letter twice, using turnarounds—once from you to the person who harmed you, and then from you to yourself, per the instructions in the *Forgiveness Letter Worksheet*.
2. **People We Have Harmed**: Complete the *“Eighth Step Worksheet – People We Have Harmed”* form.
3. **Daily Quiet Time**: Continue your daily morning quiet time, add the *Seventh Step Prayer*, and ask for your personal liabilities to be removed.

Recite the following prayers (on the next page) or similar prayers that come from your own heart.

Continue to practice *Two Way Prayer*. Recordings of this meditation and prayer are available on the MAA website under **Intergroups | Resources**.

Try to keep the same time each day. Allow at least 10-15 minutes. Even if you can only do one minute, do it daily so you may have regular contact with your Higher Power while you go through the Steps and after your recovery.

**First Step Prayer**

God, Creative Intelligence, Universal Mind, Spirit of Nature, Spirit of the Universe, my name is \_\_\_\_\_\_, and I'm a real media addict, and I need your help today.

**Serenity Prayer**

GOD, Grant me the serenity to accept the thing I cannot change, the courage to change the things I can, and the wisdom to know the difference.

**Second Step Prayer – The Set Aside Prayer**

Dear Higher Power, please help me set aside everything I think I know about myself, my problems, and about you. I ask that I may have an open mind so I might learn to live my life on a spiritual basis. Please help me see the truth so I can be restored to sanity. AMEN.

**Third Step Prayer**

God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

**Seventh Step Prayer**

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

1. **Saturday Qualifications Call**: Attend the *Open Back to Basics* (or *There is a Solution*) phone meeting and volunteer to do service (Saturdays at 2 PM Eastern Time).

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Enjoy this media sober weekend! Reach out to everyone in the group. Remember, we must enjoy our lives no matter what. We must find a way to be satisfied and happy without our addictive media; otherwise, the obsession of the mind will propel us right back to a binge. Optimism and cheerfulness are key. Gratitude is the door that opens to us a world we never could have imagined.