Media Addicts Anonymous

BEFORE & BEYOND BACK-TO-BASICS

Open Big Book Step Study Group

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**MEDIA WITHDRAWAL PLAN**

Media is a mind-altering and mood-altering drug. As with any drug, when you stop using it, withdrawal and detoxification will occur. Withdrawal comes in many forms, such as moodiness, anxiety, lack of sleep, boredom, agitation, etc. Withdrawal from media addiction is easier when you have a plan and when you have sustained support. Therefore, we suggest the following actions:

1. Sobriety action partner: Have a media sobriety action partner you can call on a daily basis.
2. Ask for Help: If we are craving our media, we first ask our Higher Power to remove the desire and then we call our sponsor, co-sponsor, action partner, or another MAA member.
3. Outreach calls: Make 2-3 outreach calls to other media addicts a day.
4. Help someone else: When you are feeling down, reach out to someone you can help.
5. Track your urges: As we abstain from alcoholic media, we track our urges to uncover the unconscious aspects of our compulsions. We notice what we are thinking and doing when we have the urge to use our media. In this way, we expose our disease and start to see what makes us vulnerable to using media compulsively.
6. Surf the urge: Urge surfing is feeling the urge but not acting on it; noticing the urge and simply watching it rise and fall like waves, relaxing, while not responding. Urges usually peak between 20 – 30 minutes. If we can ride out the wave, it will pass. We have found that every time we surf the urge without acting on it, we get better and better at urge surfing. Urges will show up less over time, and they also become weaker.

You may want to use a notebook to record by date the actions you take along with your feelings before and after. In this way you will be better able to gauge your progress and see what works best to keep you media sober.

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| Date | Feelings/Emotions Pre Action | Sober Action | Feelings/Emotions Post  Action |
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