

**Media Free Friday Evening  
Sharing Meeting of Media Addicts Anonymous  
Friday from 6:30pm to 7:15pm ET and Fellowship Time  
Zoom ID: 881 6683 9368 Passcode: 987162**

**Moderator:** Please come in at least 10 minutes before the start of the meeting. Use the Host Key to "Claim Host" (under Participants) and assign a co-host before the start of the meeting. See the section below titled "Reading." It is your responsibility to have a reading prepared for this meeting. You may either screen share this reading during the meeting and/or copy and paste the reading text in the chat for participants. You may need to paste this text in the chat a second time for late arrivals to the meeting.

**As moderator, you may decide to repeat the reading if the meeting seems slow. It is during times of silence that revelations may occur about the reading.**

**Greeting:** Welcome to this open Media Free Friday Evening meeting of Media Addicts Anonymous. My name is \_\_\_(name)\_\_\_, 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 feel free to un-mute yourself and 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 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.

**Welcome Newcomers:** We extend a special welcome to newcomers. Are there any newcomers to this meeting? If so, please feel free to un-mute yourself and tell us your name and location, so we can welcome you. (*Pause and wait for newcomers to respond*) We are glad you are here! We suggest you attend at least six meetings so that you have time to identify with the speakers and learn more about our program. Every Friday, except for the last Friday of the month when we have our business meeting, we have up to 20 minutes of fellowship time after the close of the meeting when we will greet newcomers informally and answer any questions you may have; everyone is invited!

### **Reading:**

**Moderator:** You will be sharing a reading with the group. Please pick from ONE of FOUR “Reading Options” — the first of which is immediately below (and the other 3 reading options are at the bottom of the script). You can do the reading yourself or share your screen and ask for a volunteer to read.

### **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.

**Moderator:** After reading the selected choice, and pasting the text into the chat for meeting participants, you may proceed with the script as follows:

**Timekeeper:** Who will be our timekeeper for today? \_\_\_ (*wait for volunteer*) \_\_\_; Thank you!

**Open Sharing:** If you want to share, please clearly raise your hand in the screen and wait to be called, then unmute yourself. Please tell us your name and, if you’re comfortable, your location.

We ask members to focus their shares on the symptoms of their addiction and the 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. To keep this meeting safe and to avoid triggering addictive media use, we ask that you refrain from naming media titles, discussing specific media content, or making reference to current events. The moderator will gently remind members to adhere to these guidelines, when necessary.

Please limit your share to \_\_\_ minutes. (*Share time is at the discretion of leader. 2 minute shares if meeting is 12 people or larger. 3 minute shares for smaller meetings.*)  
**Read if shares are 3 minutes:**

Timekeeper, will you please let the person sharing know when two minutes are up and again at three minutes. Those who share: please acknowledge the timekeeper's warning at 2 minutes by saying, "Thank you," and at 3 minutes, please wrap up quickly. Who would like to speak?

**Read if shares are 2 minutes:**

Timekeeper, will you please let the person sharing know when one minute is up and again at two minutes. Those who share: please acknowledge the timekeeper's warning after 1 minute by saying, "Thank you," and at 2 minutes, please wrap up quickly. Who would like to speak?

**NOTE: As moderator, you may decide to repeat the reading if the meeting seems slow. It is during times of silence that revelations may occur about the reading.**

**Wrap Up at 42 minutes (7:12pm ET):**

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.

Who is willing to host the fellowship time? (When you get a volunteer, make this person HOST.) Note: If you do NOT make this person HOST (not just co-HOST, you will not be able to leave the meeting early without shutting down the meeting for all.)

**Seventh Tradition:**

It is now time 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 our website at [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org). Contributions can be made via Debit Card, Credit Card, or PayPal on the MAA website by clicking the Donate button. Please give what you can, and if you can give nothing at this time, keep coming back because you are more important than your money.

If you want to share your contact information in the chat for outreach, you may do so now. The chat can be saved on your computer or phone if you go to the 3 dots in the corner.

**Announcements** This group holds its business meeting the last Friday of the month following the close of the meeting. The next business meeting will be held on Friday, (insert month and date). If you are interested in being a meeting leader for the month of (insert next month), please attend our business meeting or contact me or another meeting leader after the meeting.

Are there any other announcements? (Wait for response)

**Closing:** 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. 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 feel free to un-mute yourself and 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!

**\*\*Note: If you do NOT make the Newcomer Greeter a Zoom HOST (not just co-HOST, you will not be able to leave the meeting early without shutting down the meeting for all.)**

(Fellowship / Newcomer time typically ends after 20 minutes. At the discretion of the Newcomer Greeter, this time may be extended.)

## **ALTERNATE READING OPTIONS -**

### **READING OPTION 2 The Step 9 Promises:**

If we are painstaking about this phase of our development, we will be amazed before we are half way 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.  
(Pass)

### **READING OPTION 3: The Signs and Symptoms of Media Addiction**

## **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 4: 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.



## BUSINESS MEETING FORMAT FOR MAA Media Free Friday MEETING 6:30 pm

All say the Serenity Prayer •

Ask for a timekeeper •

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

Procedures:

MAA Business Meetings follow parliamentary procedures outlined in Robert's Rules of Order.

Some basic procedures are:

When new motions are made, they must be seconded, then followed with 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 on. A motion to adjourn the meeting, if seconded, must be voted on immediately, without discussion. Voting in this MAA meeting is conducted like this: When the chair asks "All in favor?", participants reply one at a time, adding the consecutive-order number of their vote, i.e., "Yea – one", "Yea - two", etc. Similarly, when the chair asks "All opposed?", participants reply one a time adding the consecutive-order number of their vote, i.e., "Nay – one", "Nay - two", etc. Alternatively, voters speak their own first names rather than the number.

• Reports:

Secretary's minutes of the previous meeting  
Other reports

• Filling of Service Positions (use positions sheet)

1. Monthly meeting moderator; chair will book moderators for RRR meetings on Tuesday-Friday( one month position)
3. Business Meeting Chair (3 month position)
4. Business Meeting Secretary (3 month position)
5. Contact person listed on MAA website (1 year position)
6. GSR (1 year position if and when it becomes applicable)

• Old Business (anything left unresolved in the previous meeting)

• New Business

• Adjournment

• All say the Serenity Prayer