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

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

**Assignments for Month 1 Week 2 – Steps 2 Through 4**

**WEEKEND ACTIONS**

1. Complete any writing or other assignments from this week and share them with 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.
* **By phone** by dialing **978-990-5099** (free) and entering Pin number **385988#**. Enter **0#** to access the most recent meeting’s recording.

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**WEEKLY ACTIONS**

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

**Garett, Reference #7, “*Restored to Sanity*” (Step 2)**

**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.*

**Important**:

***B2B Fourth Step Inventory Short Form Month 1 - Resentments*** worksheet: **Download and print out** this worksheet and begin thinking about people or institutions you resent. You will be filling it out later **this week**, and you will read it to your sponsor **this weekend**.

**Day 1 – Step 2**

Read these paragraphs and choose one question or more to write on:

* “Most emphatically we wish to say that any [media addict] capable of honestly facing [their] problems in the light of our experience can recover, provided [they do] not close [their] minds to all spiritual concepts. [They] can only be defeated by an attitude of intolerance or belligerent denial.”

**Question 1**: Are there any places that you feel closed off to spiritual concepts or have an attitude of intolerance or resistant denial? If so, where can you keep an open mind and have willingness?

* “My friend suggested what then seemed a novel idea. He said, ‘Why don’t you choose your own conception of God?’”

**Question 2**: (a) What is your perfect conception of a Higher Power?

(b) Describe what it would be like to be working with such a Higher Power.

(c) What keeps you from experiencing this personal conception of a Higher Power?

**Day 2 – Step 3**

Read these paragraphs and choose one question or more to write on:

* “What usually happens, [they] begins to think life doesn't treat [them] right. [They] decide to exert [themselves] more. [They] become … more demanding or more gracious, as the case may be. Still the play does not suit [them]…. [They] becomes angry, indignant, self-pitying….”

**Question 1**: Where do you still believe life doesn't treat you right? Where do you sometimes indulge in self-pity?

* “Selfishness—self-centeredness! That, we think, is the root of our troubles. Above everything, we [media addicts] must be rid of this selfishness. We must, or it kills us!”

**Question 2**: Why is selfishness so destructive for the media addict?

**Question 3**: Where do you see self-centeredness at the root of your troubles today?

* “Next, we decided that hereafter in this drama of life, God was going to be our Director. [God] is the Principal; we are [God's] agents. [God] is the [Creator], and we are [God's] children."

**Question 4**: How would allowing your Higher Power to be the director of your life give you more freedom?

* “More and more we became interested in seeing what we could contribute to life.”

**Question 5**: What is it you would like to contribute to life?

**Day 3 - Two-Way Prayer**

Because we used media for relief from our problems, we want to start using our Higher Power for relief and comfort.

1. **Read the following paragraph from the** **How to Listen to God**
	* “These are a few simple suggestions for people who are willing to make an experiment. You can discover for yourself the most important and practical thing any human being can ever learn—how to be in touch with a Power greater than yourself. All that is needed is the willingness to try it honestly. Every person who has done this consistently and sincerely has found that it really works.”

So, please check out these qualities of a Higher Power. Take what you like and leave the rest. Remember, we are still talking about the **God of YOUR understanding**. If you have problems with the word “God,” remember you can just ignore it and call your Higher Power whatever works for you: ***Spirit of the Universe***, ***Divine Love***, ***Higher Self***, ***Great Mystery***, or any other name you like.

We invite you to upgrade your Higher Power to something truly vital and fulfilling and to set aside all you think you know about God and see if there is something more to discover. Here are some ideas to consider:

* Higher Power is alive, has been and always will be.
* This Higher Power cares for you and loves you unconditionally, without limits.
* Higher Power has a plan for our life and a solution for every problem we face.
* This Higher Power knows everything, can do anything, and can be everywhere at the same time.
* You can't see or touch your Higher Power, but this Power can touch you, is with you, and is all around you.
* Your Higher Power is in you right now—in your body and your heart.
* Your Higher Power will tell you all you need to know but may not tell you all you want to know.
* Your Higher Power will help you carry out anything that They inspire you
1. **Write about your personal Higher Power and if you feel comfortable, share your thoughts with your sponsor**. Here are some questions:

**Q1**: How can you create the best Higher Power for you?

**Q2**: How can you be in touch with this Higher Power?

**Q3**: What will you be willing to give to have a Higher Power guide your life and bring you comfort?

**Day 4 – Step 4: B2b Fourth Step Inventory Short Form - Resentments**

Fill out your *B2B Fourth Step Inventory Short Form – Resentments* and make an appointment to read it to your sponsor.

**Day 5 – Step 4: B2B Fourth Step Long Form**

Fill out the B2B Fourth Step Long Form. Take one resentment on your *Fourth Step Inventory Short Form* and complete the Long Form on this resentment. It is **not necessary** that you chose a traumatic situation for this Long Form worksheet as this may be a new process for you.

**DAY 6 AND 7 – WEEKEND ACTIONS:**

1. **Take the Fifth Step**: Read your *B2B Fourth Step Inventory Short Form – Resentments* to your Sponsor.
2. **Daily Morning Quiet Time and Two Way Prayer**: Start to create a daily morning quiet time using the following prayers or similar prayers that come from your own heart. Please begin practicing *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!

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.