

# Media Recovery Stories

## Instructions

**Write a story about your media use and recovery in MAA.** Share your low points and your triumphs. You might choose one of the **topic ideas** below to get you started. These are, of course, just suggestions. Feel free to write whatever's on your heart and on your mind.

**Include in your story how MAA helped you in your recovery.** For example, you could focus on a step, a prayer, Back to Basics, the tools of MAA, your Higher Power, a sponsor, an action partner, or MAA literature.

**(Optional) Add a question or two which could be used for group discussion.** When thinking about your story, what question(s) do you want others to reflect on?

## Topic Ideas

### Before MAA

1. When and where did you first realize that something was not right about the way you were using media?
2. What was one of your worst days on media?
3. Did you ever lie about your media use to others?
4. How do you believe media addiction affected your brain and your ability to prioritize your life goals?
5. How was selfishness destructive for you as a media addict?
6. Which signs and symptoms of media addiction do you relate to, and how did these symptoms manifest for you?
7. Where did you feel defenseless against the first click?
8. How did you hear about MAA?
9. How did you finally break the cycle of compulsive media use?

### The Steps and Tools

10. How do you use the 12 Steps in your daily life?
11. Which step did you find the most difficult to take?
12. What did you learn by doing your fourth step (resentment, fear, or sexual relations)?
13. Where did fear keep you from surrendering to the Steps?
14. How do you use the tools in your recovery?
15. Which tool have you found to be the most helpful for you?

### Fasting from Media

16. How do you overcome the fear of missing out (FOMO)?
17. What has been the most challenging aspect of fasting from media?
18. What helps you persevere in your media fasting journey?

19. What are the most pleasurable activities you now engage in or have been reconnected to since beginning your media fast?
20. What has been one of your best days off media?

### **Obstacles/Emotions**

21. What does letting go mean to you?
22. What has been the hardest part of yourself to surrender?
23. How has your understanding of humility changed since coming to MAA?
24. What does a lack of power mean to you?
25. Where do you see self-centeredness at the root of your troubles today?
26. In what ways has fear controlled your life?
27. Where do you have the most trouble being completely honest?
28. What do you do when you feel isolated or lonely?

### **Higher Power**

29. What does Higher Power mean to you?
30. How did you find your Higher Power?
31. How are you in touch with your Higher Power on a daily basis?

### **Service/Sponsoring**

32. What does service mean to you?
33. What service in MAA has helped your recovery the most?
34. In what ways do you give service outside of MAA?
35. How does sponsoring help you in your own recovery?
36. What do you do to get the word out to the still-suffering media addict?

### **Relationships**

37. How have your relationships with your family and friends changed since beginning recovery from media addiction?
38. How do you accept yourself and others just as they are?
39. How do you engage in a world that is addicted to media around you?
40. How have your friends/family helped (or not helped) you to stop using media?
41. How do you balance your time between personal care and helping others?
42. How do you set boundaries around media with your children?

### **A Life Worth Living**

43. MAA promises joy and freedom. How has this been true for you?
44. Have you seen an alteration in yourself since you joined MAA? Have others seen an alteration in you?
45. What are you grateful for and why?
46. How do you achieve balance in your life?
47. How do you care for your physical health?
48. How has recovery made you kinder, more loving, or more compassionate?
49. How has MAA given you courage?
50. Without media, how have you been able to express your creativity?