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

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

**Assignments for Month 1 Week 4 – Steps 10 Through 12**

**WEEKEND ACTION CHECKLIST**

1. Read your *Forgiveness Letter* to your sponsor. Answer the forgiveness worksheet questions with sponsor.
2. Complete the *Eighth Step Worksheet – People We Have Harmed*.
3. Continue your daily Morning Quiet Time, adding the Seventh Step Prayer.
4. 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.

To listen to earlier meeting recordings, enter the playback reference number. The reference numbers are listed on the MAA Solutions Recordings webpage, starting with **6#**. (There are more than 60 recordings. International call-in numbers are also listed.)

**WEEKLY ACTIONS**

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

**Golda, Reference #22, “*Through Many Lifetimes*”**

**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 – Step 10**

Read the following paragraphs and choose one or more questions to write on:

* “…Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.”

**Question 1**: How will you continue to watch for selfishness, dishonesty, resentment, and fear?

* “It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for [media] is a subtle foe. We are not cured of [media addiction]. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God’s will into all of our activities. How can I best serve Thee—Thy will (not mine) be done.”

**Question 2**: (a) How will you keep yourself from resting on your laurels?

(b) What steps and actions can you put into place to keep up your program?

* “And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake. Until I could accept my [media addiction], I could not stay sober; unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.”

**Question 3**: Where can you accept yourself and others just as they are?

**Day 2 – Step 11**

**Daily Quiet Time**:Continue your Daily Quiet Time practice, by either adopting some (or all) of the suggestions below or by creating your own process—whatever feels right for you.

1. Find a clean, private, quiet place you can use daily for your practice.
2. Keep a notebook or journal dedicated for your **Two Way Prayer writing**. We cannot emphasize enough the value of writing during these daily sessions. It has helped us immensely in our recovery, connecting us to our true selves and to the *Realm of the Spirit*. For some, writing in itself is a form of meditation and prayer.
3. Schedule regular times during the day for your practice. This will help you build the habit of having daily spiritual connections.
4. Set a time limit so that your quiet time has a beginning, middle, and an end.
5. Select the prayers you wish to use in each of the three Daily Quiet Time sessions.1
6. Decide whether you would like to use music, chanting, singing, or any other tool to help you get closer to your Higher Power. 2
7. Set your plan in writing in the table below by entering details for your personal **Morning, Midday**, and **Evening Quiet Times**.

Enjoy this part of your day. Look forward to spending time with your Higher Power.

**Notes**: 1You can find prayer materials and the *Guided Two Way Prayer Meditation* script on MAA’s **Intergroups | Resources** page(<https://www.mediaaddictsanonymous.org/resources>). Also posted there are audio recordings of prayers and meditations.

MAA’s *Sunday Serenity 2-Way Prayer Meeting* (1 PM to 2 PM Eastern Time) is another great resource.

2Only consider music for this short spiritual time of day if it is not part of your bottom-line, alcoholic media.

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| Plan you Quiet Time! It will help keep you consistent.  *(See examples below.)* | | | | | |
| Morning Quiet Time | | | | | |
| Time of Day | **Length** | **Opening** | **Prayers** | **Meditation** | **Closing** |
|  |  |  |  |  |  |
| Midday Quiet Time  *(Set a timer to remind you.)* | | | | | |
| Time of Day | **Length** | **Opening** | **Prayers** | **Meditation** | **Closing** |
|  |  |  |  |  |  |
| Evening Quiet Time | | | | | |
| Time of Day | **Length** | **Opening** | **Prayers** | **Meditation** | **Closing** |
|  |  |  |  |  |  |
| Example for Morning Quiet Time | | | | | |
| 7 AM | 15-20 mins | Serenity Prayer | First Step Prayer | Two Way Prayer and writing | Third Step Prayer |
| Example for Midday Quiet Time | | | | | |
| Noon | 10-12 mins | Serenity Prayer | Sick Man’s Prayer | 5-10 min Silent Meditation | Set Aside Prayer (2nd Step) |
| Example for Evening Quiet Time | | | | | |
| 7 PM | 15-20 mins | Serenity Prayer | Seventh Step Prayer | 15-20 min Silent Meditation | St. Francis Prayer |

**Day 3 – Step 12**

Read the following paragraphs and choose one or more questions to write on:

* “[We] finally realize that [we] have undergone a profound alteration in [our] reaction to life; that such a change could hardly have been brought about by [ourselves] alone. What often takes place in a few months could seldom have been accomplished by years of self-discipline. With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.”

**Question 1**: (a) Have you seen an alteration in yourself this past month?

(b) Have others seen an alteration in you?

(c) Describe what that alteration has been for you.

* “Practical experience shows that nothing will so much insure immunity from [bingeing on media] as intensive work with other [media addicts]. It works when other activities fail. This is our twelfth suggestion: Carry this message to other [media addicts]! You can help when no one else can. You can secure their confidence when others fail.”

**Question 2**: (a) Why do you think it is important to work with other media addicts?

(b) What are ways you can help other addicts going forward?

* “In our belief any scheme of combating [media addiction] which proposes to shield the [addict] from temptation is doomed to failure. If the [media addict] tries to shield [themselves they] may succeed for a time, but [they] usually wind up with a bigger explosion than ever. We have tried these methods. These attempts to do the impossible have always failed.”

**Question 3**: (a) How are you going to protect your hard-won sobriety when you are out in the world, with your friends and family?

(b) How are you going to stay aware of the mental obsession?

**Day 4 – Hidden Principle: Cheerfulness!**

Read the following paragraph and answer the questions below:

* “We absolutely insist on enjoying life. We try not to indulge in cynicism over the state of the nations, nor do we carry the world’s troubles on our shoulders…. So we think **CHEERFULNESS** and **LAUGHTER** make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn’t we laugh? We have **RECOVERED** and have been given the power to help others.”

**Question 1**: How you will you enjoy your life without your alcoholic media?

**Question 2**: What parts of yourself do you feel you have gotten back by fasting from media?

**Reminder**: Please remember to **qualify for ten minutes at our next *Saturday Open Back to Basics* phone meeting**. This is part of your commitment in Back to Basics. Your Group Sponsors will let you know when you are scheduled to speak. Sharing your experience, strength, and hope in B2B will help others, especially newcomers who are suffering from this addiction.

**Assignments going forward:**

1. **Repeat this Back-to-Basics process WITH a sponsor** two more times without a break (for **90 days**). Continue your fast until you complete all your steps. This means continuing to fast during your group's one-week break.
2. **Sponsor** at least one person in the next Back-to-Basics round. Share the message when you can.
3. **Qualify** (share your experience) whenever you can at an MAA or a Media Recovery Underearners Anonymous meeting.
4. **Attend** at least two media related recovery **meetings** per week, and three is even better (this includes MAA, ITAA, and Media Recovery UA meetings)—spread the message by sharing your experience, strength, and hope.
5. Stay in touch with your **B2B Sobriety Group** on a daily basis.
6. **Listen to *“Back to Basics”* and *“There Is a Solution”* recordings** regularly. If you feel the urge to use or that your sobriety is on shaky grounds, ask your Higher Power for guidance, go to a meeting, make an outreach call, fill out an *Urge Surfing Worksheet*, and/or listen to a B2B/Solutions recording. You may find it helpful to start your day by reading recovery literature, including sections of the Back-to-Basics meeting scripts.
7. Continue to use **Two Way Prayer** on a daily basis.
8. Use ALL the **MAA Tools** daily or as many as you can on a given day.
9. **Give** **service** at media recovery meetings. Volunteer to serve as meeting moderator or to operate the Dashboard for the Saturday Qualifications phone meeting.
10. **Support your MAA meeting(s)** and help build them up by attending their monthly business meetings.
11. Apply the principles **Honesty**, **Confession** and **Freedom** with your sponsor to stay on track.
12. Finally, the most important assignment: **HAVE FUN EVERY DAY!** Enjoy your life. Insist on abundant living by regularly engaging in activities on your *Media Replacement Plan*. Find ways to be happy, joyous, and free without your media. Insist on enjoying your life.

**Definition of True Fun** (Source: *The Power of Fun* by Catherine Price)

“True fun … is the feeling of being fully present and engaged, free from self-criticism and judgement. It is the thrill of losing ourselves in what we’re doing and not caring about the outcome. It is laughter. It is playful rebellion. It is euphoric connection. It is the bliss that comes from letting go. When we are truly having fun, we are not lonely. We are not anxious or stressed. We are not consumed by self-doubt or existential malaise…. True Fun makes us feel alive.”

Discipline is remembering what you want. One hundred percent of your job is filling up your cup!