Media Addicts Anonymous

BEFORE & BEYOND BACK-TO-BASICS

Open Big Book Step Study Group

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MEDIA REPLACEMENT PLAN**

Designing a Media Replacement Plan is one of MAA’s Tools of Action. It is used to help us find enjoyable ways to live life without having to use media.

Because many of us use media as our main source of relaxation, reward, and recreation, we need to find other activities that bring us joy and fulfillment. When we stop compulsively using media, there will be a void. It will be difficult to obtain long-term sobriety if we don't have a plan to fill that void. Therefore, a Media Replacement Plan is an important system to create as soon as possible so that we will have enjoyable and healthy activities to replace media. Here are some examples:

A. Fun, Pleasure, and Relaxation

We write lists of things we love to do for fun, relaxation, and pleasure and post it where we can see it. We share this plan with our sponsor or media sobriety action partner and use these activities daily in place of our electronic media.

B. Connection and Play

We schedule time in our week for play and community. We have often used electronic media as a substitute for true recreation and human connection. We become willing to learn how to play and have more fulfilling relationships with others. When we are with others, we turn off our electronic media and focus on our loved ones.

C. Brain Health Awareness

We exercise our mind in healthy ways whether through study, moderate reading, journaling, or meaningful conversations. We read things that require thought and effort. We may also take classes or workshops to expand our interests and knowledge. We find ways to keep our minds sharp by memorizing phone numbers, poems, etc.—things we used to do before smart phones.

D. Creativity

We take time to nourish our own creativity. This may include participating in artistic endeavors such as writing, visual arts, music, theater, dance, singing, etc., or we may direct that creative process toward whatever endeavors fulfill us.

Not every activity on your Media Replacement Plan needs to require lots of energy or motivation. Even small actions, when done in a calm, mindful way, can add much to soothing anxiety that often arises when not using media. For instance, you might spend time meditating, taking a nap, going for a walk, having a cup of tea, talking to a fellow member of MAA, petting an animal, writing a gratitude list, taking a bath, or just sitting still and looking out the window.

1. For fun, pleasure, and relaxation, I will:
2. For connection and play, I will:
3. For brain health awareness, I will:
4. For creativity, I will:

Because the overuse of media dulls our imaginations, check out this list of [300 Things To Do Other Than Use Media](https://teamup.com/16861770/attachment/01GTMZZXEBN830ATWXZHXSWJE1/300_Things_To_Do_For_Fun.pdf?hash=b0a6c09a98dc82fd971ff3d6e784bffeada137a185ccb19a415ebf29267ed735)!