

ONE-MONTH COMMITMENTS FOR MAA BACK-TO-BASICS, A DESIGN FOR LIVING Closed, Committed 12-Step Media Sobriety Action Groups

1. Fast from Unnecessary Media and Tech:

Use only media and tech necessary for work, school, family, recovery, or home needs.

2. Work with a Sponsor:

Work one-on-one with your assigned sponsor. Call them on time, at least four days a week for 15 minutes and one hour on weekends, preferably via Zoom or WhatsApp video call.

3. Complete all assignments and read them to your sponsor:

Finish all pre-commitment assignments before your first sponsor call this weekend. Plan to spend 15 minutes each day writing, and 1 to 1.5 hours on weekends when we reach the step work. Read your assignments to your sponsor during your calls.

4. Meeting Commitment:

Attend all these Closed Back-to-Basics meetings and participate in the readings. (about 50 minutes Mon–Thu, 80 minutes Fri).

5. Optional Pre-Meeting Fellowship:

Zoom room opens 15 minutes early for group sharing. Participation is encouraged but not required.

6. Excused Absences for Emergencies:

We do allow absences for emergencies (e.g., births, deaths) and religious holidays. Inform both your sponsor and Group Sponsors beforehand; do not text the group. Missing meetings without approval counts as a slip.

7. Making Up a Meeting:

If you miss a meeting, you will need to make it up. Ask your Group Sponsors how to do this.

8. Be On Time:

If you don't attend the pre-meeting fellowship, arrive at least 10 minutes early; being over 10 minutes late counts as an absence..

9. Be Seen and Attentive:

Keep your camera on at all times during the meetings to foster accountability and group connection. Be awake and present at all meetings

10.No Zoom Chatting During Meeting

Please refrain from commenting on shares or sending messages to other group members during the meeting.

11.Outreach Calls:

Make two outreach calls daily—one to your sponsor and one to another group member or someone from an MAA meeting.

12.Bookend:

Use WhatsApp or phone calls to bookend necessary media that may be triggering for you.

13.Keep Group Safe:

WhatsApp group is for outreach, bookending, and sponsor updates only. Don't post links, photos, or outside issues.

14.Sleep Schedule:

Set and stick to daily bed and wake times. Share these with your sponsor.

15.Device Boundaries:

Set daily times to turn devices on and off. Discuss with your sponsor.

16.Nature Time:

Take a 15-minute walk in nature without your phone each day.

17.Maintain Sobriety in All Programs:

Stay sober and abstinent from all other addictions you have worked on in the past. Discuss any new behaviors with your sponsor to ensure honest Step work.

18.MAA Home-Group Meeting:

Attend at least one MAA meeting each week as your home group. Share your phone number, do service, and get to know the fellowship. This is important, as you will need a supportive community when you finish the closed B2B program.

19.Saturday Meetings:

Attend or listen to the Saturday 2 PM ET Speaker Meeting. If you can't attend, listen to a recording.

20.Donation:

We suggest making a contribution to MAA (\$20–\$30 recommended, any amount appreciated) to support the B2B closed groups. No one will be excluded if they are unable to pay. Donations can be made at www.mediaaddictsanonymous.org.

21.Sponsoring a New Member

We ask that you be willing to sponsor a new member if you are ready in your 2nd or 3rd month, if one is available.