**Media Addicts Anonymous International**

**STEP ONE-MONTH ONE**

**25 QUESTIONS TO HELP YOU TO STAY CONNECTED AND SOBER! READ YOUR ANSWERS TO GOD, TO YOURSELF AND TO ANOTHER HUMAN BEING**

Answer one question per day, for about 15 minutes, 5 days a week. Share your writing with an action partner or sponsor.

If you are moved to write more, go for it!!

All of the following questions pertain to step 1. We will be focusing on step 1 for the next four weeks.

1. What makes you think you are a media addict of the hopeless variety?

*BB quote (1): “If, when you honestly want to, you find you cannot quit your [compulsive media behaviors] entirely, or when [using media] you have little control over how long you indulge your activity, you are probably a [media addict.]*

1. Are you still wondering, hoping, or believing that you are a moderate user who can use the cognitive behavioral approach? Explore the pros and cons of this question in depth.

*BB quote (2): “Moderate drinkers have little trouble in giving up [excessive use of media] if they have a good reason for it.. a certain type of hard [media user] can also stop or moderate. But what about the real [media addict] who begins to lose all control … once they start to [use media.]”*

1. One of the media recovery tools is writing. How has this tool helped you in the past? Why do you think writing is important?
2. Do you feel resentful that you have this addiction? How can you work on this resentment? How has acceptance of your powerlessness helped you in the past?

*BB quote (4): “But the moment I made up my mind to go through with the process, I had the curious feeling that my alcoholic condition was relieved…”*

1. Look at the symptom list on the website [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org). Write about three symptoms that best describe your addictive behaviors with media.
2. What dream(s) or goal(s) did you abandon during the worst of your media addiction? How is that dream or goal being rediscovered, or recovered, since B2B?
3. What do you foresee might happen if you willfully picked up your alcoholic media today?
4. If you have picked up your alcoholic media, what thoughts, feelings, or actions led to the break? Discuss in depth.

*BB quote (8): The [media addict] at certain times has no effective mental defense against the first [click] …. [their] defense must come from a Higher Power.*

1. Along the same lines, how has your obsession of the mind been manifesting lately? What is your disease telling you?
2. What methods did you use to try to control your alcoholic media use before coming into MAA and B2B? Have you resorted to these methods again? What happened?

*BB quote (10): “By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore not [addicted to media].”*

1. When you think of using specific media, do you recoil as if from a hot flame? Write a gratitude letter about this. If you want, address it to your Higher Power.
2. Is this period of sobriety since you left B2B giving you a feeling of confidence that you have “licked this thing?”
3. Write about feelings of anger, discouragement or hopelessness when you experience the craving for media. What do you think stops you from picking up a tool, like the urge surfing worksheet, or step work?
4. Return to the first step: write out an admission that you are powerless over media and write in detail how your life has become unmanageable. Can you graciously accept that your obsession will return without daily practice of the spiritual tools of MAA in all 3 areas: fellowship, program (steps), and service?
5. This is a WE program. Write about what it has been like since you left B2B? Are you afraid that living this new way of life, free of media addiction, in service to others, in daily conscious contact with your Higher Power and your with fellows, is unrealistic? Childish? A substitute for real life? A cult? Write in detail.

*BB quote (15): “Seeing much of each other, scarce an evening passed [without a] shelter [of] a little gathering of men and women, happy in their release, and constantly thinking how they might present their discovery to some newcomer.”*

1. What messages in your mind and intensity of feelings are trying to convince you that you are completely alone, too different and more hopeless than others, and you might as well return to the comfort of media? Are you afraid to share these? Are you afraid of what people might think? Write! Be specific. Read it to your Higher Power and your fellow sponsor or media action partner. Congratulations on your courage!!
2. How is your body feeling in abstinence? Sleeping, eating, exercise?
3. What relationships in your life have been restored, improved or initiated in sobriety?
4. How have you helped others in sobriety, inside and outside of MAA?
5. How have you become more creative in sobriety?
6. What new gifts, skills or qualities have you discovered that you have in sobriety?
7. Tool: Sponsorship: Write about how it helped you to be guided by and to be accountable to a sponsor. Write about how it helped you to sponsor a newcomer.
8. Tool: Media replacement plan: what was on your plan? How could it have been improved? Did you use this tool?
9. What has brought you to the BB2B Thursday meeting?
10. What experience, strength and hope do you want to share with people in this group?