**Four-Week Sponsorship Plan**

**BACK TO BASICS, A DESIGN FOR LIVING**

**Media Recovery UA**

—**Week Three—**

**Reading and Writing**

The following are daily writing prompts from the Big Book of AA and the Back to Basic script. Please use these prompts to write about your compulsive media addiction. Write for at least 15-20 minutes a day.

**SATURDAY AND SUNDAY ASSIGNMENTS:**

Create a Media Sobriety Plan and Media Replacement Plan and submit it to your sponsor and action partners.

LISTEN TO SESSION TWO —ALL FOUR PARTS—OF BACK TO BASICS

LISTEN TO SESSION THREE—ALL FOUR PARTS—OF BACK TO BASICS

**Day 1 (MONDAY ASSIGNMENT) - Please write a few sentences about these paragraphs and how they are relating to your experience of the 5-7th steps**

“…Once we have taken this [5th] step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the [media] problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.”

"Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank [our Higher Power] from the bottom of our heart… Taking [the Big Book] down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposal we ask if we have omitted anything…Is our work solid so far?"

"It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worthwhile. But the [media addict], whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We have found that it is fatal."

"We Turned back to the list…We were prepared to look at it from an entirely different angle. We began to see that…the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked [our Higher Power] to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend."

Memorize the Seventh Step Prayer

“…My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”

**DAY 2 - (TUESDAY ASSIGNMENT) 1. Answer the questions below. 2. Make a list of people you need to make amends to and choose 1-3 who you will make amends to this week. 3. Write an apology letter (see below)**

How has your media addiction affected other people in our life? Please answer the following questions. Don't worry that you have every circumstances. You will be repeating these steps again and again, just answer what comes up today for you.

* 1. Where have you used media to avoid getting close to someone else? Who was hurt by this?
	2. Where have you used media to fight with someone? Who was hurt by this?
	3. Where have you used media to gossip or destroy someone else's reputation? Who was hurt by this?
	4. Where have you used media to avoid not working for your boss (your boss can include yourself if you are self-employed)? Who was hurt by this?
	5. Where have you used media to avoid helping and giving service to others? Who was hurt by this?
	6. Where have you used media to avoid seeking help from your Higher Power? Who was hurt by this?
	7. [Where have you used media to avoid your own feelings? Who was hurt by this?
	8. Where have you used media to avoid being in your body and in nature? Who was hurt by this?

Circle the people who you have harmed by your media addiction and add it to your amends list. Please include yourself on this list.

**WRITE AN APOLOGY LETTER. USE THE PERSON YOU DID YOUR 4TH STEP ON. WRITE THIS LETTER AS IF YOU WERE THAT PERSON MAKING AN APOLOGY TO YOU FOR WHAT YOU BELIEVE THEY DID WRONG. FILL THE LETTER WITH EVERYTHING YOU WOULD LIKE TO HEAR THIS PERSON SAY TO YOU. DON'T HOLD BACK. BRING A COPY TO OUR FRIDAY MEETING.**

**DAY 3 - (WEDNESDAY ASSIGNMENT) Write a few sentences about what each of these paragraphs mean to you as you are learning about amends.**

“…Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven’t the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol (or in our case, media addiction)*.”

“…It is seldom wise to approach an individual, who still smarts from our injustice to [them], and announce that we have gone religious. In the prize ring, this would be called leading with the chin. Why lay ourselves open to being branded fanatics or religious bores? We may kill a future opportunity to carry a beneficial message. But our [person] is sure to be impressed with a sincere desire to set right the wrong. [They are] going to be more interested in a demonstration of good will than in our talk of spiritual discoveries.”

“…Nevertheless, with a person we dislike, we take the bit in our teeth. It is harder to go to an enemy than to a friend, but we find it much more beneficial to us. We go to [them] in a helpful and forgiving spirit, confessing our former ill feeling and expressing our regret.”

“Under no condition do we criticize such a person or argue. Simply we tell [them] that we will never get over [media addiction] until we have done our utmost to straighten out the past. We are there to sweep off our side of the street, realizing that nothing worthwhile can be accomplished until we do so, never trying to tell [them] what [they] should do. [Their] faults are not discussed. We stick to our own. If our manner is calm, frank, and open, we will be gratified with the result.”

“There may be some wrongs we can never fully right. We don’t worry about them if we can honestly say to ourselves that we would right them if we could. Some people cannot be seen—we send them an honest letter…There may be a valid reason for postponement in some cases. But we don't delay if it can be avoided. We should be sensible, tactful, considerate, and humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone.”

“If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word “serenity” and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.”

**MEMORIZE: HOW TO MAKE CLEAN AMENDS:**

 When making a direct amend*s* you can say something like this:

A. Here's what I have done wrong

B. I apologize for this

C. What can I do to make this right?

D. Is there anything else I have done to harm you that you want to discuss?

**DAY 4 - (THURSDAY ASSIGNMENT) Write a few sentences about what each of these paragraphs about the 10th Step:**

“This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime.”

“…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.”

“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.”

"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 alcoholism [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."

CREATE A PLAN OF ACTION FOR THE 10TH STEP:

How do you plan to bring the Tenth Step into your daily recovery practices? Be specific.

**Complete this assignment from Tuesday (if you haven't already) and bring it to the B2B meeting tomorrow.**

**WRITE AN APOLOGY LETTER. USE THE PERSON YOU DID YOUR 4TH STEP ON. WRITE THIS LETTER AS IF YOU WERE THAT PERSON MAKING AN APOLOGY TO YOU FOR WHAT YOU BELIEVE THEY DID WRONG. FILL THE LETTER WITH EVERYTHING YOU WOULD LIKE TO HEAR THIS PERSON SAY TO YOU. DON'T HOLD BACK. BRING A COPY TO OUR FRIDAY MEETING.**

**DAY 5: (FRIDAY SESSION) READING THE LETTERS AND FINDING THE TURN AROUNDS**

**DAY 6 AND 7 (WEEKEND ASSIGNMENT):**

LISTEN TO SESSION THREE—ALL FOUR PARTS—OF BACK TO BASICS

LISTEN TO SESSION FOUR—ALL FOUR PARTS—OF BACK TO BASICS

**ADD ALL OF YOUR WRITING THIS WEEK TO THE HISTORY OF YOUR MEDIA USAGE. Please prepare this document to be a part of our MA community online if you so choose.**