MEDIA TIME DRUNK ACTION MEETING

Part 1

Questions:

1. Where have you spent more time than you planned in front of electronic screens?
2. Where have you put off home chores, personal care, and taking care of business while still finding time to focus on our electronic media?
3. Do you “graze” on your electronic media throughout the day? Explain.
4. Do you binge on it for hours at a time? Explain.
5. Do you plan to use electronic media to further your businesses, goals, or visions and yet end up distracted from our target by it? Explain.
6. Do you turn to our media instead of live people to feel connected and end up more isolated and lonely than when we started? Explain.
7. Do you tend to neglect healthy intellectual stimulation since your mind is focused on passive media consumption? Explain.
8. Where have your creative endeavors become impeded by your electronic focus?
9. Do you believe it is necessary to spend time with electronic media in order to “relax?” Is it your main source of recreation?
10. Where have you become disconnected from your body or neglected your health or body’s basic needs for rest, sleep, exercise, good nutrition, etc., because of media usage?
11. Where have you become disconnected from the natural world and all your senses due to media usage?

Part 2

Tool 2: Media Sobriety Plan

A Media Sobriety Plan helps us abstain from the compulsive use of electronic media and the time drunkenness that follows. A personal plan for electronic media usage guides us in our media decisions, as well as defines what, when, how, where and why we use our devices. With the help of a sponsor and/or action partner, each member develops their own plan based on an honest appraisal of their compulsive media usage. We continue to reevaluate our plans to keep ourselves accountable so we don’t rationalize “acting out” and feed the addiction. Time keeping and the use of a timer is invaluable in applying our sobriety plan to our daily actions.

1. What media is necessary in for work?
2. What media is necessary for connection with family and friends?
3. What else do you use media for?
4. What are the types of media you feel you get drunk the most? Be specific.
5. What time of day is the hardest for you to stay away from media?
6. How much time a day do you want to spend in front of a screen?
7. What do you want to use your media for? (Example, relaxing, entertainment, business etc)
8. What don't you want to use your media for? (Example: Fighting with people on Facebook, getting lost in the negative news cycles, etc.)
9. What would be a good time to turn media on and off during the day?

Tool 3: Media Replacement Plan

Because many of us use media as our main source of relaxation and entertainment, we need to find other activities that bring us joy. 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 action partners 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.

(Pass)

1. Write a list of 10 things you can do for fun, pleasure and relaxation.
2. Who are three people you want to connect with more? How can you start doing this today?
3. What are three things you can do to exercise your brain this week?
4. What are three things you can do to be more creative in your life? Can you begin one of these things this week?

Tool 4: Daily Body Care Awareness and Adequate Sleep

Media distracts us from taking care of and connecting with our bodies. Our ability to get sober and stay sober from electronic time drunkenness depends on a good night's sleep. Therefore, we suggest setting a media curfew for ourselves and a regular bedtime. We try to keep electronic media out of the bedroom. During the day we stay connected to our bodies, feeding them nourishing food and getting proper exercise and fresh air. We learn to be fully present in our bodies and take time to ground ourselves in the natural world by getting out into nature without our media. We feed all of our senses, allowing ourselves to experience more beauty and pleasure in our lives. When appropriate we utilize health care & healing providers. (Pass)

1. What time to you want to get to bed?
2. What time do you want to get up in the morning?
3. What are three things you can do this month to take better care of your body?

Homework:

Write a specific plan of action that you send to your partners. Print it up so you can keep it in front of you. Read it daily for 21 days.