Media Addicts Anonymous

BEFORE AND BEYOND BACK-TO-BASICS

Open Big Book Step Study Group

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**Module Three Homework Assignments**

**Module 3, Meeting 1**

1) Fill out the *B2B Fourth Step Inventory Long Form* – *Resentments*. Take one resentment on your *Fourth Step Inventory Short Form* and complete the *Long Form* on this resentment. [Note: If you have already completed both the *Resentments* forms and given them to your sponsor, co-sponsor, action partner, or a fellow member of MAA, take one fear and fill out the *B2B Fourth Step Inventory Long Form – Fears,* and if you have finished with the *Fears* section*,* take one sex conduct and fill out *B2B Fourth Step Inventory Long Form – Sex Conduct and Fantasy.*]

2) At the appointed time, read both forms to your sponsor, co-sponsor, action partner, or fellow member of MAA. This will be your Fifth Step. When you have finished reading, please spend an hour in a quiet place reflecting on what you have done (see the last paragraph on page 75 of the AA Big Book). This will prepare you to move on to Steps Six and Seven.

3) Complete the *Sixth Step Inventory – Liabilities to Assets* worksheet to prepare you for taking Steps Six and Seven next week.

**Module 3, Meeting 2**

1) Review your *Sixth Step Inventory – Liabilities to Assets* worksheet and practice using one asset a day (i.e., 7 assets in one week). Spend 15 minutes a day journaling about the asset you chose to work on that day and how it felt to use it.

2) Read Dr. Bob’s description of humility found on the MAA homepage under Open Back-to-Basics Step Study Module Three and make a copy of it so you can read it often. If you don’t have a printer, write it out on a piece of paper for yourself and keep it in your Big Book.

3) Memorize the *Back-to-Basics Seventh Step Prayer* on page 76 in the Big Book (see below) or create a Seventh Step Prayer of your own.

*“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.”*

**Module 3, Meeting 3**

1) Answer the questions pertaining to how your media addiction has affected other people in your life, which can be found on the MAA homepage under Open Back-to-Basics Step Study Module Three.

2) Look at your answers to the above questions and circle the names of people you have harmed by your media addiction and add those names to your *“**Eighth Step Worksheet – People We Have Harmed”* form. Please include yourself on this list and any other names that come to your mind. Don’t forget to include names of those people to whom you owe money. For help with the categories listed under Column 4, please refer to the document titled *“The Nature of Our Wrongs.”*

3) Spend 15 minutes a day in Two-Way Prayer asking your Higher Power if there are any other names that should be added to your Eighth Step list.

**Module 3, Meeting 4**

1) Complete the *B2B Eighth and Ninth Step – Amends Action Form* on the MAA homepage under Open Back-to-Basics Step Study Module Three.

2) Attend at least one MAA meeting and get the name and number of someone who is media sober and has made at least one amends in MAA or B2B.

3) Call this person and ask them about their experience making amends. Talk to them if you have any concerns about making yours.

**Module 3, Meeting 5**

1) Choose one of the people from your *Fourth Step Resentment Inventory*, and write an apology letter **from** that person **to** you. It is not necessary that you chose a traumatic situation for this Long Form worksheet as this may be a new process for you. Let them give you the apology you always wanted or needed to hear from them, so that you may be able to heal this resentment. Write everything you would like to hear them say to you for you to feel satisfied and happy. Don't hold back, and please keep the letter simple and concise.

2) Read your *Forgiveness Letter* to your sponsor, co-sponsor, action partner, or fellow member of MAA before we meet again next week.

3) When you have finished reading your *Forgiveness Letter*, ask the person listening to go through the *Forgiveness Questions* on the MAA homepage under Open Back-to-Basics Step Study Module Three with you so they can help you gain another perspective.

**Congratulations!** You have completed Module Three. This means you made it through Steps 4, 5, 6, 7, 8, and 9. Wow. That’s a lot to do in just one month, but wasn’t it worth it? You’ve thoroughly reviewed your past, asked your Higher Power to help you remove the character defects you discovered, and have begun the process of cleaning up your past so you can look everyone straight in the eyes. A miracle really that could not have been accomplished if you hadn’t put down your alcoholic media and worked the Steps with this group and your sponsor, co-sponsor, action partner, or fellow member of MAA. Welcome to a whole new way of life. Next month’s module will help us continue this work daily so we can live happy, joyous and free in the sunlight of the Spirit.