

Treatment for Recovering From Computer / Internet Addiction

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THERE IS HOPE...THERE IS HELP



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The Internet is neither good nor bad. The issue is ONE'S USE, or pattern of behavior, with the Net. The issue is not about enjoying the Net. It isn't even about losing track of time. The KEY factor that makes any behavior dangerous is when it has a negative impact on your life.

Compulsive Internet use seems to produce the same type of "tolerance" and "withdrawal" as other addictions. The list is long of behaviors that are potentially addictive: work, sex, gambling, food, exercise, shopping, television, computer, the Internet, in addition to drugs and alcohol. The use of computer and the Internet are simply the most recent addition to the long list of behaviors we find addictive.

Netaholic
On-lineaholic
Cyberwidows
Net-head
Cyber-Loneliness
Cyberliving

How much of your on-line time is spent on....

- Chat rooms
- Interactive Games
- E-mail
- Newsgroups
- World Wide Web

Other Internet Usage (non-work related)

Tally up one week and see!

The "Top Ten" list of the most commonly mentioned activities that suffer because of excessive computer/internet use:

- | | |
|--|---|
| 1. Time with partner or family | 6. Time with friend |
| 2. Daily chores | 7. Exercise |
| 3. Social events (movies, plays, concerts) | 8. Hobbies (gardening, woodworking, sewing, etc.) |
| 4. Reading | 9. Sex |
| 5. Watching T.V. | 10. Sleep |

INTERNET ADDICTION TEST

To assess your level of addiction, answer the following questions using this scale:

- 1 = Not at all 2 = Rarely
3 = Occasionally 4 = Often 5 = Always

1. How often do you find that you stay on-line longer than you intended?
1 2 3 4 5
2. How often do you neglect household chores to spend more time on-line?
1 2 3 4 5
3. How often do you prefer the excitement of the Internet to intimacy with your partner?
1 2 3 4 5
4. How often do you form new relationships with fellow on-line users?
1 2 3 4 5
5. How often do others in your life complain to you about the amount of time you spend on-line?
1 2 3 4 5
6. How often do your grades or school work suffer because of the amount of time you spend on-line?
1 2 3 4 5
7. How often do you check your e-mail before something else that you need to do?
1 2 3 4 5
8. How often does your job performance or productivity suffer because of the Internet?
1 2 3 4 5

