As wonderful as computers and the Net are, has your use of them become a problem? How many of the following questions can you answer yes to?

1. Do you need more and more time at your computer or on the Internet?
2. When you try to cut back your use, do you get anxious?
3. Are your friendships, schoolwork, or health suffering most because of the amount of time you spend online?
4. Are you spending too much for unneeded items online or upgrading your computer to hold more and more downloads?
5. Do you lose awareness of time when you are online chatting, gaming, etc?
6. Have you lost sleep or missed appointments because of your use?
7. Have you tried unsuccessfully to cut back on your use?
8. Do other people comment negatively on the amount of time you spend at the computer?
9. Do you block out disturbing thoughts about your life with soothing thoughts of the computer / Internet use?
10. Do you think that your life without computer / Internet use would be boring, empty, and joyless?
11. Do you act annoyed at people for bothering you when you are online?

Some self-help steps that may prove to be useful for you

As you can see from these questions, computer / Net overuse can create problems for people. If you answered “yes” to several of these questions, you may be considering ways to decrease your computer / Internet use. Here are some tips that may be helpful:

- Change your pattern by putting another activity ahead of using the computer / Internet (e.g., eat a meal, take a walk. . . first).
- Keep track for a week of your computer / Internet use, then set a goal of ten percent less use for the next week and give yourself an award (not more computer time) if you achieve this goal.
- Figure out what you are missing when you are on the computer, and why you are choosing computer use over these other activities. Then pick one of these other activities to add to your next week.
- Seek support in person from friends and family for cutting back on your computer / Internet use. The counselors at the Counseling Service would also be glad to help you with computer / Internet use concerns. Call us at 836-5521 for an in person appointment.
Are you hooked?

If so, read on!

Hooked on the Computer / Internet?

For more help you may wish to read:


Available at McIntyre Library: RC569.5.I54 Y68 1998

Or you may wish to visit:

- www.netaddiction.com
- www.virtual-addiction.com
- www.internetaddiction.ca
- www.addictions.org/internet.htm

UWEC Counseling Services
Division of Student Affairs
Old Library 2122
715-836-5521

Check out our web site virtual pamphlet collection at:
www.uwec.edu/counsel

*As UWEC’s Computing and Networking Usage Guidelines point out, using your University computing privileges for harassment, or viewing sexually explicit materials, or spamming (among other uses) are prohibited. See 2001-2002 Student Services and Standards for further information about appropriate use.

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