

Internet Addiction Worksheet

Signs of Internet Addiction



1. You check your email every five minutes, and spend more time in chat rooms than chatting in your living room with friends and family.
2. Your relationships suffer because of your internet use. Weak relationships are a sign of internet addiction.
3. Your family and friends complain about your computer use.
4. You hide the amount of time you spend on the internet.
5. You hide the websites you surf. Secrecy is a sign of internet addiction.
6. You use your computer to escape problems or avoid reality (this could be a huge sign of an internet addiction or other psychological disorders)
7. You have a hard time staying off the computer for a day or two.
8. You feel preoccupied by the internet when you're not online.

Symptoms of Internet Addiction Worksheet:

Poor Concentration	Issues in Vision	Exposure to radiation
Waste time on the internet	Reduce human interactions	Backache
Increased Stress	Insomnia	Anxiety & Depression

Ways to deal with Internet Addiction Worksheet:

<ul style="list-style-type: none">● Limit screen time.● Understand the difference between online interaction and meeting in person● Stop using gadgets and phones.● Prioritize your needs and wants.	<ul style="list-style-type: none">● Accept that you have a problem● Seek therapy for your betterment● Socialize with your friends & family● Exercise.
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<ul style="list-style-type: none">• Don't use your phone before going to bed.• Get to know the real cause behind your internet addiction.	<ul style="list-style-type: none">• Engage in healthy activities rather than sending time on your cell phone.• Find a support group
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