

ARE YOU A WEBAHOLIC?

How do you know if you have a problem?

- **Do you stay on-line longer than intended?**
- **Do you neglect class, work, or chores to be on-line?**
- **Have family and/or friends complained that you spend too much time on-line?**
- **Do you avoid your usual social activities to be on-line?**
- **Do you try, unsuccessfully, to cut back on internet use?**
- **When not on-line, do you find yourself fantasizing about being back on-line?**
- **Do you lie about or try to hide your internet use from others?**
- **Do your grades and/or job suffer because of time spent on-line?**
- **Do you fear that life without the internet would be boring, empty, and joyless?**
- **Do you lose sleep due to late night log-ins?**
- **Do you feel depressed, nervous, or moody when not on-line and feel better once on-line?**

Once you determine you have a problem, what do you do about it?

- **Complete schoolwork and chores before turning on the computer.**
- **Set time limits for the computer and set a timer to guide you.**
- **Enlist help from a roommate or friend.**
- **Set up and keep social engagements.**
- **Keep a daily calendar/schedule of things to accomplish.**
- **Choose specific times each day as “internet/e-mail times”.**
- **Put up post-it notes along the bottom of your computer to remind yourself of the tasks that need to be completed.**

If you are unable to monitor and limit your own internet usage, then we recommend you seek professional behavioral treatment for your problem. Further information can be obtained by calling CAPS at 674-8050.