

Breaking the Habit: Responsible Surfing

Getting hooked to the internet may be the result of three factors:

1. The internet itself has properties that make it addicting.
2. You, as an individual, may be predisposed to the addiction, through genetic and/or learned causes.
3. The atmosphere at OSU may be conducive to getting addicted.

Look at the detailed reasons (listed previously) why the Internet can be addicting, and see which apply to you. There are then two ways to help yourself: change practical situations and look at underlying issues.

Working on the "hows" - the practical roadblocks:

- Cut back on time
 - log computer hours on a calendar
 - use computer calendar
 - flash time on screen when online (or use alarm clock)
- Take breaks
- Restrict use to only certain hours of the days
- Don't log on as soon as you come home
- Find other uses for time: start an exercise program; get involved with friends; look for ways to spend time offline
- Find "real life" people to talk to; rebuild broken relationships

Working on the "whys" - the underlying components

- Examine your underlying issues, areas like emptiness or self-doubt
- Identify your "triggers" - thoughts, feelings, or incidents which might make you want to go on-line (e.g., feeling lonely, getting a bad grade on an exam)
- Talk to a counselor