

# Internet Addiction / Obsession Workshop Outline

**Bert H. Epstein, Psy.D.**  
Oregon State University

---

**Goal:** Using an interactive approach throughout, raise the level of awareness of participants as to their potential obsession or addiction to the Internet, increase understanding of why this can occur (especially on the college campus), and provide techniques to reduce usage.

**Group size:** 3-30

**Time required:** 1.5 hours

**Handouts:**

- Internet Addiction Quiz
- Why Is the Internet Addicting?
- How to Break the Habit: Responsible Surfing

**Place:** Room large enough to move around

---

**Outline:**

1. General Introduction and Overview (3 minutes)
2. Reflecting On Experience (10 minutes)
  - Small Group (or Paired) Discussion on how Internet impacts one's life.
  - General discussion of what Internet Addiction/Obsession is?
3. Assimilation and Conceptualization (30 minutes)
  - a. Internet Addiction Quiz
    - Participants take Internet Addiction Quiz
    - Discussion of items selected by participants
  - b. Discussion on how/why the Internet can be addicting on the college campus

- Ask participants for their opinions/generate discussion
- Review with Handout- Why Is the Internet Addicting?

c. Discussion of ways to reduce use

- Ask participants for their opinions/generate discussion
- Review with Handout- Breaking the Habit: Responsible Surfing

4. Experimenting and Practicing (20 minutes)

- Break into pairs or small groups. Have one person "play" the computer. This person is sneaky and is like the "devil," tempting the person with all the seductive features of computer use. Another person is the "user." S/he has to respond to the computer's "voice." S/he can also discuss what methods s/he will use to limit time spent on the computer. If there is a third person, s/he watches and gives feedback afterward. Then, participants rotate roles.
- General group discussion of the process and any obstacles encountered.

5. Planning for Application (10 minutes)

- Participants complete an action plan whereby they write a list of tactics they will use to reduce their habit.

6. General discussion of this process and overall workshop (5 minutes)

7. Workshop evaluations distributed, completed, and collected (5 minutes)

---

Bert Epstein is a psychologist at Oregon State University's Counseling & Psychological Services.

---

Copyright © 1999 Bert H. Epstein. Permission is granted to copy and use this material for educational and non-profit purposes only. This copyright statement and acknowledgement of authorship should remain intact on materials you copy from this website.