

Do You Have an Internet Addiction?

- I am often preoccupied with the Internet
- I have made unsuccessful attempts to decrease use of the Internet
- I feel restless or irritable when attempting to cut back on Internet time
- I often stay online much longer than intended
- I sometimes try to hide or lie about being online
- I have let others down or missed appointments because I was online
- I have used being online to make myself feel better (e.g., to overcome depression) or to forget about my problems

If you checked 4 or more responses, you are likely spending too much time on the Internet. Consider cutting down on the time you spend online. If doing so proves difficult or unsuccessful, talk to an EAP counselor about this issue.