Signs & Symptoms of Computer & Internet Addiction

(3-4 yes's suggest aduse; 5 or more suggest addiction)

- Increasing amounts of time spent on computer and internet activities

- Failed attempts to control behavior

- Heightened sense of euphoria while involved in computer and internet activities

- Craving more time on the computer and internet

- Neglecting friends and family

- Feeling restless when not engaged in the activity

- Being dishonest with others

- Computer use interfering with job/school performance

- Feeling guilty, ashamed, anxious, or depressed as a result of behavior

- Changes in sleep patterns

- Physical changes such as weight gain or loss, backaches, headaches, carple tunnel syndrome

- Withdrawing from other pleasurable activities