

ARE YOU ADDICTED TO THE INTERNET?

Questions to ask the potential addict

Please review these questions and pass them along to alert other friends and family.

1. Have family and/or friends complained about the amount of time you spend online?
2. Are you less involved with your spouse and friends because of time spent on the Internet?
3. Are you less interested in your spouse or sexual partner as a primary source of sexual gratification than you are in cyber-sex?
4. Have you lied to your spouse or family members about your Internet usage?
5. Do you feel alienated from God because of your involvement with the Internet?
6. Do you avoid social engagements or leave social events early in order to spend more time on the Internet?
7. Do you hide your Internet involvement from your spouse or family members?
8. Do you stay up late, after everyone has gone to bed, to use the Internet privately?
9. Do you get up secretly at night to use the Internet?
10. Have you experienced an increase in moodiness, anger, shame, or projecting blame towards others?
11. Do you anticipate your next online session with the expectation of sexual arousal or gratification?
12. Do you feel preoccupied with using the Internet for cybersex?
13. Have you tried, unsuccessfully, to stop your involvement with the Internet?
14. Have you moved from cyber-sex and/or pornography to phone sex and/or real-life sexual liaisons?

Many people have tried to overcome pornography temptation alone and found it virtually impossible. Honesty and transparency are of utmost importance in breaking free. Find a trusted, caring person in whom you may confide, or join a support group. Ask your support person or group to meet with you weekly, and to support you as a Covenant Eyes Accountability partner. **Break the chains. Get Free. Stay Free.**

If you, your spouse, a family member or friend demonstrates any one of these "Danger Signs," the **Covenant Eyes Internet Accountability and Filtering Program** can help. Sign up and become a member. Don't wait.

Go to: www.covenanteyes.com to learn more. Be a part of changing people's lives by helping us reach families and individuals with this information. Request our free resources today. Please email: resources@covenanteyes.com or call: 877-479-1119, and choose option 4.