



Online Gaming

How to be totally addicted

To be totally addicted you must:

- Find a game that interests you
- Play it as often as possible
- Think of it as playing its most important duty
- Try to be the best in it

Are you an addict?

Answer "yes" or "no" to the following statements to see if you may be addicted to video games or online gaming:

- Do you **need** to play online games with **increasing amounts of time** in order to achieve the desired excitement?
- Are you **preoccupied with gaming** (thinking about it when offline, anticipating your next online session)?
- Have you **lied** to friends and family members **to conceal extent** of your online gaming?
- Do you feel **restless or irritable** when attempting to cut down or stop online gaming?
- Have you made **repeated unsuccessful efforts to control**, cut back, or stop online gaming?
- Do you use **gaming** as a **way of escaping** from problems or relieve feelings of helplessness, guilt, anxiety, or depression?
- Have you jeopardized or **lost a significant relationship**, or even risked your marriage because of your online gaming habit?
- Have you **jeopardized a job, educational, or career opportunity** because of your online gaming habit?

If you answered "yes" to any of the above questions, you may be addicted to online gaming. Warning signs that you have lost control, lied, or possibly risked a relationship to support your gaming behavior.

Sites one shall by no means visit when having a gaming addiction

Hjelpelinjen.no, Gamecare.org, Smartrecovery.org, Spielsucht-hilfe.at, Blå Kors.no, Spelberoende.se

You should **never visit** any of those sites. They are all **horrible** and will help you **get rid of the amazing addiction**. Who wants that? They will tell you that it is bad, and that you will eventually ruin your life and economy. Stay out of that line!



Social Media

Social networks

To get internet addicted is **very easy**. If you follow these **simple rules**, you will be addicted by the end of the week; **always check Facebook**. Check **Facebook** at work, at school, at home, at birthday parties, at boring conferences, **everywhere!** You always have time for **more internet activities**.

Ask yourself these questions after a week:

- Do you have a social life besides Facebook?
- Do you have anything to do in your spare time?
- Do you sleep well?
- Do you have potential to be something later in life?
- Are you NOT socially retarded?



If any of the questions above apply to you, do not worry. We got the solution.

Firstly, ask yourself

"Am I the right person for this task?"

If you figure out you are 100% sure, follow this list:

- Get yourself some **beer, whiskey and diapers**
- **Lock your door** and swallow the key
- **Destroy your phone** by using it as a baseball, before you later bake a cake with the phone inside. If you have a fireplace in your home, make sure to use it as fuel just in case it still works. **Flush the rest into the toilet**.
- Throw your toilet(s) out the window. You **do not have time for toilet** when you

are addicted. You bought diapers earlier, so you will not need it.

- **Download Skype and make a Facebook account**, add everyone you see without asking. The more internet friends, the better. Right?
- **Start playing Poker and Farmville on Facebook. You can even waste your money there!** Awesome? We know.
- **Profit.**

Now you are on your way to getting addicted. Can you feel the amazing feeling of addictiveness?

Do you really want to live your life online?

Follow these steps:

1. Get an **account** on every social media you can think of
2. Get **a lot of friends and followers**
3. Spend **most of your time** on these apps or websites to talk to your friends and followers
4. **Post everything** about your life online
5. **Stop interacting and socializing** with your friends and family
6. **Miss out on sleep**, so you can stay on the internet
7. **Stop focusing** on school and your good grades
8. Always **download the latest apps**

If you follow all these steps, you will officially be a real online junkie!



EXCESSIVE SURFING

What can I do to become totally addicted?

At first you have to **buy a smartphone**, that's the most important step on your way to becoming addicted. You also need **internet access**, of course. It's also important to **get rid of your friends**, they might disturb you so you have to leave them. Don't care about school, sleep or other duties. **Just stay online**, also during the nights. When you want someone to become addicted, support them by buying the latest smartphone and be sure that the person has internet access all the time.

Who may I never ever talk to about my problems?

Problems are my problem. I can't tell anyone, because nobody cares. I must deal with problems by myself. I may **never ever talk about my problems to family**: parents, siblings and so on. Friends, teachers, school nurse, psychologist also shouldn't know. **I can't use help lines.**

Which websites should you by no means visit?

You should **not visit** any pages which will tell you what to do, such as **online helplines** like saferinternet.at, teenlineonline.org, and so on. On these sites, someone might try to change you into what they want you to be.

The first signs of addiction

Many people turn to the Internet in order to **manage unpleasant feelings** like stress, loneliness, depression, and anxiety. When you have a bad day and you are looking for a way to **escape your problems** or to quickly relieve stress, the **Internet** can be a very **good distraction**. Losing yourself online can temporarily make feelings such as loneliness, stress, anxiety, depression, and boredom blown away.

But here are some general warning signs that your Internet use may have become a problem:

- Isolation from family and friends
- No time for finishing schoolwork or other work
- Getting defensive about your internet use
- Losing track of time online
- Getting shaky and annoyed when you aren't on-



line

If you recognise yourself in the signs/things mentioned above you can consider yourself a real online junkie!

DAY 1

Start eating meals at your computer

DAY 2

Use an alarm clock or timer to consequently increase your computer time

DAY 3

Cancel all your plans with your family and friends

DAY 4

Forget all your hobbies and try to find some more internet games

DAY 5

Spend time on the internet instead of studying

DAY 6

Never call people again. You should use instant message services instead!

DAY 7

Finally get rid of all real relationships. They aren't good for you anyway!

TIMETABLE



Online Gambling

What is the mentioned phenomenon exactly?

You don't give a damn about your friends and family, and you are looking for a **persistent way to spend your time wisely**? Then online gambling is the thing for you! You can earn a lot of money, which you can also lose but you don't care about this either, right? Just focus on the **positive aspects** like ...

- Big houses
- Fancy cars and women (You'll get all the women, trust us. If you already have a wife or girlfriend, the more the better. If you are a woman consider it the other way around)

- Travelling to space (why not?)

- Buying an island

Negative aspects ...

- None (trust us)

Don't worry about your real friends, online friends are more reliable and much cooler

Admit that you don't have a problem

The first step to successfully becoming an online addict lies in **refusing you have a problem**.

Isolate yourself and postpone everything except for gambling

Try to **lock yourself in a room** and block off any ways people could possibly use to help you. Ignore your everyday duties and your need for sleep and food and/or else. Pee in a bottle. Do not do anything else than gambling, even if you shouldn't have money.

Don't let anyone know

It's just **you and your gambling device**, baby. Don't let others set your relationship to risk.

Always try to improve your gambling

You should push yourself and your wallet to the limit. Think of new ways to gamble and use them excessively right away. It's also important to bet **higher and higher amounts of cash** to make sure you will never regain control of your life.

- Have you ever had **trouble controlling your urge** to gamble?
- Can you **walk away at will**?
- Have you ever tried to **borrow money to support the gambling** habit? Have you ever lost your job because of it?
- Have you ever **lost a close friend or a significant other** because of gambling?
- Are your **friends and family concerned and worried** about how often you gamble and how much you spend when you gamble?

If not, try harder!



HOW TO BECOME INTERNET ADDICTED IN 7 DAYS

Erasmus+

