Notes from an Internet Addict

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“Darling, go do your homework!” my mom called. “Just a minute,” I answered. I was watching a TV show on my computer. A few minutes later, my mother came in and made me turn off my computer. “Go do your homework, now!” she said. I walked back to my study slowly and reluctantly.

From Reliance to Addiction

I don’t remember how many times this kind of situation happened when I was in high school. I used to spend a lot of time on the Internet—watching dramas or movies, chatting with friends, browsing some websites or forums. I missed a lot of schoolwork and I didn’t do my homework well. I cared about nothing but using the computer. Naturally, I didn’t get good grades. My academic performance was totally awful.

I did use the computer to look up information for school. I just “Googled” it and found what I needed. But it was almost too easy. I didn’t value the information I found, and I didn’t really remember it. Because the information was so easy to find, I guess it didn’t make a deep impression on my brain.

The most terrible part was that I was getting lazy about things. I didn’t even want to think for myself. I totally relied on technology. For example, I always needed to use online apps to do something. When I came across a new word that I didn’t know, I always used the Google translator. I didn’t have a good vocabulary because I didn’t actually try to memorize new words.

Lock and Key Couldn’t Keep Me Away

I was becoming an Internet addict. I couldn’t control my desire to always be on the computer. I remember one summer when I spent every moment I could on the computer. My parents
Do You Have an iDisorder?

Dr. Larry Rosen, author of *iDisorder: Understanding Our Obsession with Technology and Overcoming Its Hold on Us* explains how technology is interfering with teenagers’ sleep: “One of the biggest disrupters of sleep is what you do with your phone when you go to bed. If you leave it on, which about 40 percent of kids do, or if you leave it on vibrate, which is what about another 30-40 percent of kids do, you’re going to be constantly checking it. That’s going to disrupt your sleep cycle.”


What are some of the signs that a person might be developing an addiction with technology? List them here:

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I felt like a thief in my own house.

noticed, and they banned me from using the TV and Internet at home. To keep me away from it, they locked the study where my computer was.

Despite the ban, I found ways to sneak on to the computer. I went to my parents’ bedroom and found the key to the study. After my parents went to sleep, I would tiptoe into the study to get on the computer. At first, I was excited that I could still use the Internet, but soon I felt tired about sneaking around. I was always worried that my parents would find out. When I heard any sounds from my parents’ bedroom, I froze and my heart stopped. I felt like a thief in my own house.

As a result of using the computer in the middle of the night, I didn’t sleep enough. I couldn’t concentrate and I always felt sleepy in class. Unfortunately, my school work was getting tougher, and that was making me get exhausted. At the end of that semester I got a score that was even lower than usual.

I Needed to Make a Change

I realized that I couldn’t stand this situation any more. I decided to tell my parents about the secret activity I was doing behind their backs. We made an agreement that I would change the way I used the Internet. They helped me to change this bad habit by being supportive instead of authoritarian. Instead of playing games or watching soap operas, I used the Internet to read the news and learn some skills.

Despite the distractions of the Internet, the problem isn’t technology itself. As people know, technology can be very useful and can make life easier. The point is how we use it. If we use it wisely, it can benefit us; if not, it can seriously disrupt life. I know! I’m a recovering Internet addict!