

# Are You Tangled in the Web?

## Do You Find Yourself . . .

- Preoccupied with the Internet (thinks about previous online activity or is anticipating the next online session)?
- Spending longer and longer periods of time online in order to feel satisfied?
- Unsuccessful at efforts to control, cut back, or stop Internet use?
- Feeling restless, moody, depressed, or irritable when attempting to cut down or stop Internet use?
- Staying online longer & more often than you originally intended?

## And . . .

- You have jeopardized or risked the loss of a significant relationship, job, educational or career opportunity because of Internet use OR
- You have lied to family members, your supervisor, or others to conceal the extent of involvement with the Internet OR
- You use the Internet as a way of escaping from problems or of relieving an unpleasant mood (such as feelings of helplessness, guilt, anxiety, or depression).



## Coastal Counseling Center can help!

Coastal Counseling Center is offering a group to help individuals untangle themselves from internet addiction. The cost is only \$20 for the initial assessment and \$20 per group session. You can enter the group at any point and exit after the fifth group session or you may stay until you conclude you have the tools you need to use the internet without becoming tangled in the web again.

***Mondays from 5:30pm until 7:00pm***  
***Coastal Counseling Center ■ 729-1120***

**BEGINS MONDAY**  
**OCTOBER 4<sup>TH</sup>**

The Center is located across from the former emergency room entrance to the hospital. For more information, contact us at 729-1120 or visit our website, [CoastalCounselingCenter.org](http://CoastalCounselingCenter.org).

**About** Coastal Counseling Center is a not-for-profit, community-based counseling center. We depend upon our community to help us offer counseling services for clients at an affordable rate. We are a United Way Agency.  
**CCC:**