

*“ It turned out that I really needed ITAA—I needed to admit that I’m an internet and technology addict by calling in and saying it aloud to other understanding internet and technology addicts. ”*

*“ Before joining ITAA, I had spent years trying every imaginable solution and nothing worked. Because of this community, I’ve experienced continuous abstinence from all my addictive internet and technology behaviors for over three years. Today I meet my needs for pleasure, relaxation, curiosity, and connection in non-compulsive, offline ways. In the process, my life has grown unimaginably richer. ”*

*“ My internet and technology use had always been somewhat unhealthy, but the pandemic took it to another level. Entire days started disappearing into the screen, and I became disconnected from my partner and children. ITAA has been a lifeline for me—not only because of the abstinence I’ve found, but also because of all of the emotional growth and resources it has provided me with. ”*

**Free meetings online and  
in cities around the world:**



**internetaddictsanonymous.org**

We encourage you to attend six meetings in a short time frame to decide whether our program may be helpful for you. We look forward to seeing you!



## **Finding Freedom from Internet and Technology Addiction**

Internet and technology addiction is the compulsive and harmful use of the internet, digital media, and devices. We may develop an addiction to social media, video streaming, pornography, dating apps, games, research, shopping, news, or any other digital activity that becomes compulsive and problematic. We found that our use of the internet left us feeling irritable, unfocused, anxious, and disconnected.

Those of us who have come to identify as internet and technology addicts experienced several common symptoms. If you’re wondering whether you might have a problem with technology, the following questions may provide some insight.

## Internet and Technology Addiction Questionnaire

1. Do I ever go online to quickly check something and then discover that hours have passed?
2. Do I ever swear off or set limits around an app or online activity, and then break my commitments?
3. Do I have internet and technology binges that last all day or late into the night?
4. Do I reach for my devices whenever I have a free moment?
5. Does my screen use lead me to neglect my personal hygiene, nutritional needs, or physical health?
6. Do I feel isolated, emotionally absent, distracted, or anxious when I'm not on my devices?
7. Does my technology use contribute to conflict or avoidance in personal relationships?
8. Have my internet and technology behaviors jeopardized my studies, finances, or career?
9. Do I hide or lie about my time online or the kinds of digital content I consume?
10. Do I feel guilt or shame around my internet and technology use?

Nobody should have to suffer due to their internet and technology use. If you've answered yes to several of these questions, we encourage you to consider getting support.

## Internet and Technology Addicts Anonymous

ITAA is a community of people who support each other in recovering from internet and technology addiction. Together we have found long-term, sustainable freedom from our addictive behaviors. We share our experience with each other through group meetings, personal relationships, and a program of practical action that leads to inner peace. ITAA is free and open to all who wish to join, and we welcome anyone who thinks they may benefit to visit one of our meetings.

## How The Program Works

In addition to a growing number of meetings around the world, ITAA has daily online meetings where our global fellowship meets to share experience, strength and hope with each other. We also find it helpful to work with a more experienced member who helps guide us through recovery.

As we begin attending meetings, sharing with others, and using the tools of the program, we come to understand ourselves

and our struggles in a new light. Compassion, open-mindedness, and acceptance form the foundation on which we can each discover our own path of healing, uncovering the underlying patterns that have kept us stuck in our addiction. Slowly, we develop new strategies for living richer, fuller lives that bring us freedom from our dependence on compulsive internet and technology use.

## What Does Sobriety Look Like in ITAA?

Because technology is a part of our everyday lives, sobriety in ITAA is a process of discovery that looks different for each of us. As part of this process, we identify and let go of the specific behaviors which trigger our addiction. We work with other experienced members to help define what sobriety means for each of us as individuals, and we lean on meetings and phone calls to help maintain our sobriety commitments.

Rather than using screens for distraction or to numb our emotions, we seek to use technology as a tool for meeting our goals, living in alignment with our values, and developing flourishing lives. With the help of the program, we have found that there are many ways to have an abundant, interesting, and meaningful life that don't require us to use technology compulsively.