

Addiction to news

Posted by enfermo - 28 Jun 2011 22:29

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Hello

Is this forum also meant for addiction to internet news etc? I am reading news all the time for the last 6-8 years and can't break free. It has all sign of addiction (can't stop... impairs life... affects relationship...).

BH there was never the Porn and other filthy component to it. I have Jnet on my work place and K9 on my iphone. Nevertheless I feel this addiction is killing my day and my productivity as I sometime end up spending 4-5 hours just 'refreshing' Drudge, news.google etc.

I feel crazy coming to a forum with people that have serious issues and come with my seemingly non issue, but I feel total despair as to me, there is no hope of ever breaking free from an habit which is like food, (you need it but can't over do it)

Please help

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Re: Addiction to news

Posted by ZemirosShabbos - 29 Jun 2011 16:24

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i cannot speak for Guard, but i do know that he is a very busy man, busy with good and great things, like saving klal yisrael...

it may be a good idea to send him a PM (personal message, click on his user name and you will see link to send a message)

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Re: Addiction to news

Posted by the.guard - 29 Jun 2011 17:14

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[enfermo wrote on 29 Jun 2011 15:21:](#)

Thanks all for replying...

My problem is that news addiction is quite like food addiction, where in moderation this is needed (well not quite life-supporting as food... but you get the point) especially in my line of work as askan in my community where I need to be apprised of what going on around me, and it's only the ton of hours I spend addictive to it which cause the problem, so therefore to curtail it with definite limits is quite hard.

What's more, the very definition of news is sketchy... in the past, when I tried many times to limit myself to only news vs. news commentary, this would obviously never work... (and to my fellow political bloogers lets not get worked up here about news reporters writing commentaries...) then what about blogs reporting on current events? you see the point...

Does the 12-step work with food addiction? how does the 'STOP' part of it work?

Thanks again

I apologize for my excited interjection about "the rebbe"... Ahavah mikalkeles Hashurah... Zemiros, if he's not back, who is "Echos of The Rebbe"?

Anyway, back to the subject...

I still think that with careful thought you can use the approach I suggested. As much as you "need" to know what's going on, I'm sure you'll agree there are certain amounts of time that go

"over" what you need. So sit down and think it through honestly: How often do you think you need to check the news sites, and for how long? Give me a clear estimate of what you think is reasonable and what you think is NOT.

You don't have to call it "news sites" if that's confusing to you, just call it "non-work-related" browsing, or "curiosity browsing".

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Re: Addiction to news

Posted by enfermo - 29 Jun 2011 17:21

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Thanks.

I love that 'curiosity-browsing' that sticks...

Let's try to come up with something in terms of time limits

I will update shortly

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Re: Addiction to news

Posted by struggler - 29 Jun 2011 23:03

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Hi,

My main problem is lust issues, but in the past I had problems with spending too much surfing the web for financial info. on stocks, bonds & real estate ("window shopping"). After while this would get boring & I would turn to more awful things. Based on my personal experience, my guess would be some of the methods used to treat SA, would be useful to general internet addicts, but it's probably not wise to be checking out SA treatment websites.

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