

## FACEBOOK ADDICTION

***Not long ago I was at a dinner party where my end of the table discussed Facebook.***

### **Facebook Bullies**

One mother was very worried because she had heard that it was impossible to quit once you had your profile online. My friend who is connected in higher places reassured her that it is possible to quit. But once you have created a profile it stays on their database (however no one can see this). The child in question had been bullied so badly on Facebook that he had to move school.



### **Can't Live Without**

The other weekend over lunch my son suddenly got up and said: *“Mum I got to do something really urgent. I have to go on Facebook I simply can't live without it”*. In fact since he has got on Facebook I have hardly seen him. I am slowly starting to come to terms with that my son at the age of 12 has an addiction. And guess what I discovered:



## 10 Signs of Addiction

1. You feel popular when someone “tags” you in a photo.
2. The mini-feed was a hot topic for a while among your friends.
3. You think “poking” is a valid form of flirting.
4. You have Facebook “friends” that you’ve never met in person.
5. As soon as you meet someone, you check if they are on Facebook.
6. You feel cheated now that everyone can join.
7. You have pressured someone to join just so you can “friend” them.
8. You think your image is controlled by your profile picture.
9. You’ve created a group and evangelized everyone to join.
10. You think that wishing someone ‘happy birthday’ on their wall is sufficient.

And as a bonus...You want to be the first Facebook dating ‘success story’.



## A Way Out

Maybe your affinity for Facebook began with a simple desire to keep in touch with

friends, make new ones or find long lost friends. Or perhaps you were just bored. But now Facebook has possibly become a real addiction. If you're finding it difficult to spend an hour of waking life without checking or thinking about Facebook, you may be looking for a way out. [Here is the answer.](#)



I just heard about a dog in Denmark who has a Facebook profile to keep everyone up-to-date. Honestly! I am not entirely sure what sort of conversation you have with a dog. Taking about wasting time. I rather be a social outcast than join Facebook. I can think of at least 10 better time wasters or things to do.

## IMAGES

1. **Been There Done That – Get the Facebook T-shirt** [>>](#)
2. **Vicente and Alfred, Copenhagen**
3. **Alfred on Facebook, Copenhagen**
4. **Facebook screensaver** [>>](#)
5. **Dog**

## ARTICLE

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