

# Computer Gaming Addiction

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While some people can spend hours involved with computers and the Internet at work and not have the slightest interest in them at home other people find that slowly but surely they become addicted to being online.

Both Stuart and I spend many many hours working with computers and the Internet. We simply cannot avoid it because that's where my business operates. Yet we can step away from the computer and not feel guilty about doing so.

One of our sons is an official web designer for his Army unit and spends many hours a day working online. A daughter is a systems administrator and works with computers every working day. Both of them rarely touch their computers at home.

Yet others become addicted to the computers and the Internet and can't seem to survive without spending many hours every day in chat rooms and playing computer games. Eventually it begins to take over their lives and they are no less an addict than someone who is addicted to drugs.

Despite the fact that there are so many people addicted in this way not much has been said publicly. So today Information for Her is publishing the first in a three-part series on computer gaming addiction.