

## DANGER SIGNS OF INTERNET ADDICTIONS

- Have your family or friends complained about the amount of time you spend online?
- Are you less involved with your spouse or friends because of your involvement with the Internet?
- Have you lied to your spouse or family members about your Internet usage?
- Do you feel estrangement in your relationship with God because of your involvement with the Internet (pornography, gambling, etc.)?
- Do you avoid social engagements or try to leave such engagements early in order to spend more time on the Internet?
- Do you hide your Internet involvement from your spouse or family members?
- Do you, your spouse, or family members stay up late, after everyone has gone to bed, so you can log onto the Internet privately?
- Have you, your spouse or a family member experienced an increase in moodiness, anger and harsh blaming?
- Have you, your spouse or family member tried to stop your involvement with the Internet, but have been unable to do so?
- Many people find that overcoming these temptations is virtually impossible on their own. Developing a relationship with another person who can hold them accountable is the most effective way to obtain help and for them to develop integrity on the Internet. That's why **Covenant Eyes Internet Integrity through Accountability** is *effective*.

If you, your spouse, family member, or friend demonstrates any one of these "Danger Signs," the **Covenant Eyes Internet Integrity Program** can help. Don't wait – help is here.

If you are a parent please openly discuss the extreme danger that is present on the Internet. Internet pornography is destructive to individuals, families, and marriages. Practice Internet 'Safety' taking precautions whenever you are online.

Covenant Eyes is recommended by 'Focus on The Family', Promise Keepers, Precept Ministries International and author/teacher Kay Arthur, The Baptist General Conference and many other ministries, organizations and churches across North America.

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