

Take Charge of Your Life!

Internet Addiction does not need to control your life! Your family and friends need you back in their lives. By joining a group of people with similar problems, you will possess the tools needed to defeat Internet Addiction and gain back your life!



Nathan Driskell MA, LPC-S, NCC

**Specializing in the Treatment
of Internet Addiction and
Related Disorders**

**Treatment Provided At:
H.O.P.E Psychotherapy of
Houston, PLLC**

**17510 Huffmeister Rd. #103
Cypress, TX 77429
832-559-3520**



Nathan Driskell MA, LPC-S, NCC

Are You Addicted to the Internet?



Stop the Addiction Now!

Tel: 832-559-3520



Gain Control of Your Future and Your Life

Internet Addiction Group Meetings

I provide a four month, one session per week group session for people 18+ suffering from Internet Addiction. By entering into a group, you can meet others with similar problems and learn a wide range of solutions. As someone who has suffered from Online Gaming Addiction, I understand how powerful the Internet can be.

Month 1: Insight

During the first month, you will get to know the other group members and begin understanding why you are Addicted to the Internet. You will learn what benefits you receive from the Internet, and ways you can gain these benefits with others in the real world. In the group you will learn the reasons people become addicted, and what the addiction means to you.



Month 2: Control your Thoughts

Now that you understand your addiction, you are ready to combat it. You will learn to change how you think about the Internet. By removing irrational thoughts, you will begin to learn how to use the Internet in a healthy manner. By understanding every thought is a choice, you are able to control your impulses and gain control of your life.

Month 3: Changing your Behaviors

You will begin by organizing your life in a structured manner. You will explore alternatives to using the Internet and will be encouraged to reconnect with your friends and family, and to make new relationships. You will learn how to monitor your time spent online, and when to shut down the computer and walk away. By structuring your life in an efficient manner, you will fill your life with meaningful activities.



Month 4: Maintenance

In the last month of the group you will learn to maintain the healthy lifestyle you have built. You will be able to spot what triggers your addiction and what to do to relieve this stress in a healthy way. You will learn from the other group members what works and does not work. At this time the group will come to a close, allowing you more time to find new, healthy relationships outside the Internet.



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