

How to Break Your Facebook Addiction

By Rachel Loveday

You can't help yourself can you? You just have to surf the news and by news, I mean the news feed. You just have to know how your "friend's" drunken night was, how much they are hating uni, and how they feel about their ex and their new boyfriend or girlfriend. But don't worry, you are not alone. You are never alone on Facebook.

But let me ask you this; do you need Facebook? If you answered yes, I'd say you are using Facebook way too much and need to break your addiction. If you answered no, I'm guessing you want to break your addiction. No Facebook patches needed (they don't exist), you just have to follow these steps:

1. **Cold Turkey**

Cancel your account, take Facebook off your favourites and delete your Facebook Internet history-too easy! But not all of us can manage this.

2. **Take up physical activity**

If you have ever updated your status with a complaint about your weight, here's your chance. Get off your seat and walk down the street, you will be fitter and slimmer in no time. Joining a gym is also a great way to make friends, you know, real ones.

3. **Read a newspaper**

You know a newspaper; it's printed every day, usually costs one dollar or \$1.20 and it has real news about real people in real places. There will be nothing in there about your ex-boyfriend's new girlfriend. Unless he is famous and is constantly in the tabloids. Plus reading a newspaper keeps you informed and it's a way to impress your friends at your next coffee date.

4. **Meet your friends face-to-face**

I know, shocking!! Your Facebook addiction means that you have never had to meet your friends face-to-face. But nothing beats a great coffee and the sound of real laughter, rather than just seeing the letters "LOL" printed on a chat window.

When you hold your birthday party, send out real invitations. There's nothing better than getting a special invitation in the mail, especially since no one sends them these days because of Facebook.

5. **Find a hobby/Take a course at the community college or TAFE**

Once you start reading the newspaper religiously, keep a look out in the classifieds for interest groups and short courses at your local community college or TAFE. Instead of

complaining on Facebook of how much you hate your job, how about taking a course to be qualified for a new one.

Of course, not everyone can manage to break their Facebook addiction, but if you do follow these steps, you will be so much happier and you can tell everyone how happy you are in person.

So Log off and get going!