# Are You Showing Signs of Addiction to Texting?

by Dawn Pugh

[Gamblers have had their chips](http://www.dawnpugh.com/2008/09/18/gamblers-have-had-their-chips/)  [What you didn't know about Rhianna's Disturbia Relationship](http://www.dawnpugh.com/2009/03/05/what-you-didnt-know-about-rhiannas-disturbia-relationship/)

Are you showing signs of addiction to texting: “How addiction” to texting can become a major problem; Phone addiction can in fact, evolve  into “addiction abuse”, texting mobile could result in suffering from a mental illness; Read on to find out if you are showing signs of addiction to texting:

“Texting is fast becoming the way we communicate. Young or old, we are getting busy with our thumbs.”

Some psychiatrists are diagnosing obsessive texting as a mental illness. According to an article in the “American Journal of Psychiatry”, texting too much during the day could cause you to develop a texting addiction.

There are four signs of addiction to texting:

* Excessive use (neglect day to day activities)
* Withdrawal ( feeling depressed when not accessible)
* Tolerance (over texting)
* Negative repercussion ( social isolation)

Various market research companies also reckon that young people under the age of 25 will spend close to £3.5 billion on text messaging, this year alone.

“Something that was once convenient has now become an addiction”.

The American Heritage Dictionary defines ‘addiction’ as “The condition of being habitually or compulsively occupied with or involved in something.”

Texting addiction can be deemed as a sign of infidelity?

So… how do you STOP?

1.  “Quitting a long-standing habit is hard enough. So make sure you can get positive reinforcements from friends and family”. “Set yourself boundaries; limit the amount of time you spend texting.

2. “Animal trainers have long known that the way to train or retrain an animal to do something is by giving them a small reward when they have done well. This theory works well with humans as well. So give yourself frequent rewards”.

3.   “Substitute a bad habit for a healthy new one”.

4.   Self-motivation is vital to quitting a bad habit or an addiction. Do not start trying to quit a behavior or addiction because everyone else wants you to, “You must want to quit for YOURSELF”.

5.   “Reduce your stress levels, exercise more and practice yoga or meditation. These can all be learned via video/ DVD”.

If you would like to know more click on the link to my other post; [“My addiction to the internet”](http://www.dawnpugh.com/2008/08/13/my-addiction-to-internet/) which has some effective E-Book sites that will be of help to you.

“I am interested in knowing your experiences with texting addiction; what motivates you to text and how you tried to STOP or eventually managed to STOP”.

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**Texting can be a more convenient way of communicating, but it can get out of control.**

Texting seems to be the preferred means of communication these days.  People seem to choose to send a text message over calling.  There’s nothing wrong with that. We all live different lives so maybe texting is simply the best method for some.  Anyone who texts must admit that it can be quite addictive.  If the bug has got you, it’s time to break your addiction.  This is especially true if it is interfering with your life.

Image via [Wikipedia](http://commons.wikipedia.org/wiki/Image:Texting.jpg)

Here are some signs that texting is starting to control you:

* You do not pay attention in class because you are texting
* You are slacking off at work
* You are constantly checking your phone
* You are sending people multiple text messages before they have yet to reply to you
* You are obsessing over finding patterns between incoming texts.

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