

**Journalist :** Do you spend countless hours surfing the net?

Would you rather send an email or a text message than meet in person?

Do you sometimes fall asleep at your keyboard?

If you answered yes to any of those questions you may have an Internet addiction.

**Ben :** It fairly quickly got to the point where it was out of control.

**Journalist :** 19-year-old Ben Alexander is a talented musician.

But he almost gave up his music and he even dropped out of college in a quest to master World of Warcraft.

**Ben :** At the most it would get up to about 16 or 17 hours a day.

**Journalist :** Ben is an Iowa teen addicted to Internet gaming.

He has already completed several addiction treatment programs in several different states.

And for the last three and a half weeks has been part of an online detox program, the first of its kind now open in Western Washington.

Located on 5 acres just a few miles from Microsoft's headquarters.

The restart Internet Addiction Recovery program has opened its doors.

**Lady :** We've really moved into an Internet nation.

**Journalist :** The creators of Restart say Internet addiction is a growing problem affecting as much as 10% of the online population.

**Lady :** There are programmes really designed for somebody who has kind of lost complete balance.

They ... everything is done online and the things that they might have liked to do in real life if they have forfeited doing those things.

**Journalist :** The 45 day programme focuses on helping Internet and video game addicts overcome their dependence on gaming, gambling, chatting, texting and other aspects of Internet addiction by helping them get excited about things they used to be passionate about.