

## How to Cut Down on Internet Usage?

Posted by Chachaman - 06 May 2013 01:30

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I feel like not only does excessive internet use increase the likelihood I might see something objectionable, but also it's plain bittul zman.

However, I'm used to being on the internet several hours a day, and checking my email, eBay, Yahoo Sports, news outlets, Facebook, and now even Twitter.

How do I wean myself off of computer usage? Sometimes, I'll know that I have something to do online, then I'll go online and get distracted, and forget what I had to do in the first place.

For example, I'm studying for IB exams right now, and I have a psychology exam tomorrow. I'm spending a lot of time online for studying, but it's taking a lot longer than it needs to due to distractions.

Thanks!

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Re: How to Cut Down on Internet Usage?

Posted by qi - 06 May 2013 03:02

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I have the same problem. I'm constantly flicking between tabs.

Just a thought, maybe it would help to make a rule to never have more than one tab open. I think I might try that right now.

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Re: How to Cut Down on Internet Usage?

Posted by mr. emunah - 07 May 2013 00:21

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maybe this is a good alternet use of filters?

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Re: How to Cut Down on Internet Usage?

Posted by Positivity - 08 May 2013 06:35

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At the risk of sounding a little old-fashioned - what about stuff that is available off-line?

Can you download the text into a Word or HTML document, unplug from the net, and print it or study offline?

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Re: How to Cut Down on Internet Usage?

Posted by gibbor120 - 08 May 2013 21:13

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Get busy with things that are not online. Excercise, a hobby, learning...

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Re: How to Cut Down on Internet Usage?

Posted by inastruggle - 23 May 2013 21:32

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you can make a schedule for yourself that only during certain hours can you use the internet for recreational use.

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Re: How to Cut Down on Internet Usage?

Posted by Positivity - 04 Jun 2013 17:50

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or does it need to be used for recreational use at all?

How about downloading games that can be played offline? Exercise (look who's talking, but in ) and music?

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Re: How to Cut Down on Internet Usage?

Posted by Gevura Shebyesod - 04 Jun 2013 18:02

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theory  
K9 (and i'm sure many other filters) lets you set lockout hours when the internet is not available at all.

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