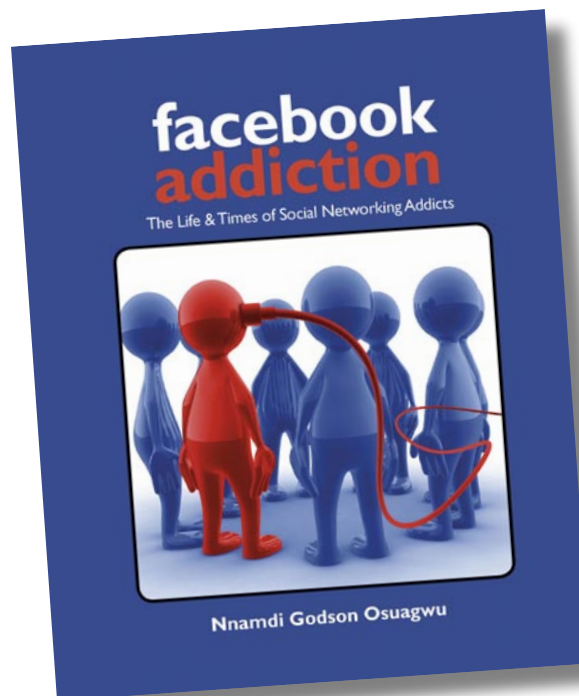


The Brief Guide to Social Networking Addiction

The following 12 members of Social Networking Anonymous (also known as S.N.A) decided to come forward and tell their stories in the upcoming book:
Facebook Addiction: The Life & Times of Social Networking Addicts
Nnamdi G. Osuagwu, Toni Lane, Jeff Frake, Robert Blage, Ellen Kane, Jennifer Towers, Joel Smith aka Johnny Rocket, Michael Sandelli, Natasha Harrington, August Stone, Zoe Mecklin, and Carrie Reed



A Brief Guide To Social Networking Addiction

Social Networking Addiction is a mental illness centered around a dependency of online 'FRIENDS' or online interaction on social networks. Social Networking Addicts are unable to control their tendency to be logged in and participating on social networking websites.

What are some characteristics of Social Networking Addiction?

Some of the most common characteristics of Social Networking Addiction are:

- ▶ A feeling that being online is the only way to be noticed by the world at large. The longing for another post, update, or chat session (otherwise known as '**SNEAKING**') before they sleep. A strong anticipation to being logged onto their social network of choice and seeing what everyone in their network is doing.
- ▶ Episodes of logging onto their social network randomly while in the middle of something completely different.
- ▶ Attempts to control their addiction by changing social networks. For example jumping from Myspace to Facebook.
- ▶ **SNEAKING** for long periods of time.
- ▶ Deleting wall posts so that others don't notice their excessive amount of posts or updates.
- ▶ Binge **SNEAKING** and sleepless nights due to **SNEAKING**. Drowsiness the next day from long nights of **SNEAKING**.

What is S.N.A.?

Social Networking Anonymous (S.N.A) is an online community of men, women, boys, and girls who help each other control their social networking addiction. They offer support to everyone and anyone who is ready to face their Social Networking Addiction and **SNEAKING** habits. They all have a unique understanding

of each other because people on the site are all social networking addicts, except for the online friends of addicts who join for moral support of a Social Networking Addict.

S.N.A members say that they are currently social networking addicts even when they have not been online for many hours, days, or months. They don't believe that they can be completely free of their addiction because it is literally at their fingertips. Once people have lost the ability to control their **SNEAKING**, they can never become “former social networking addicts” or “ex-social networking addicts”. But in S.N.A, they can become recovering social networking addicts. The community is accessible on www.SocialNetworkingAddiction.com.

How does S.N.A help the social networking addict?

By participating in an open forum of recovering social networking addicts, new members are encouraged to control their **SNEAKING**. We believe in the “one minute at a time” concept. Instead of trying to be social networking free forever, Social Networking Addicts concentrate on not **SNEAKING** at the present moment.

By being offline or not logged onto their social network, newcomers can focus on their offline friend relationships. In order to gain more control of their **SNEAKING**, we encourage our members to leave their home and participate in offline activities that require limited smart phone access. We also have a guide called ‘THE 12 STEPS OF SOCIAL NETWORKING ANONYMOUS’ that can assist social networking addicts in having happy and useful offline lives.

What are S.N.A meetings?

Social Networking Anonymous meetings are mostly online at www.SocialNetworkingAddiction.com. Users log on and blog or vlog their stories. Users encourage each other through comment responses and words of advice. The entire premise is to let the social networking addict know that they are not alone. There are also offline meetings where S.N.A members and their online and offline friends can gather and discuss S.N.A related publications like **Facebook Addiction: The Life and Times of Social Networking Addicts**.

Who belongs to S.N.A?

Social Networking Addiction can happen to anyone, similar to other types of illnesses. People of all ages, races, nationalities, religions, cultures, and professions are in S.N.A.

It is not mandatory for S.N.A members to use their real names so we have no way of keeping an accurate list of members. We maintain an open online community for all of our members, accessible on www.SocialNetworkingAddiction.com.

Does a social networking addict have to go “all the way down” before S.N.A can help?

S.N.A was started by a social networking addict, Nnamdi G. Osuagwu, whose **SNEAKING** became out of control and started to impact other aspects of his life. He felt that others may be going through similar issues. He then carved out a section on his existing web forum, www.IceCreamMelts.com, and dedicated it to all social networking addicts.

Have any senior citizens joined S.N.A?

There are all sorts of people in S.N.A. Most S.N.A members are between the ages of 18 and 35, but there are an increasing number of individuals outside of this age range becoming members of S.N.A.

Who runs S.N.A?

S.N.A has no real government or social hierarchy. It is hosted by IceCreamMelts.com via SocialNetworkingAddiction.com. The community as a whole is free to work out its own customs and ways of holding meetings. Most meetings are online through the form of blog posts where members encourage and support one another through responses. Some meetings are at offline locations where members meet and discuss topics raised in books on Social Networking Addiction, for instance **Facebook Addiction: The Life & Times of Social Networking Addicts**.

What does it cost to belong to S.N.A?

S.N.A is totally free to join and accessible through SocialNetworkingAddiction.com, but funds are definitely needed to keep the online community operating. Members are encouraged to support by purchasing publications and other products from S.N.A's sponsor Ice Cream Melts, LLC (www.IceCreamMelts.com)

What can the friends of social networking addicts do?

S.N.A is for everyone. Friends can log onto SocialNetworkingAddiction.com and support their online and offline friends.

What does S.N.A NOT do?

- ▶ S.N.A does NOT have a lot of rules.
- ▶ S.N.A does NOT accept money outside of ad revenue and product purchases.
- ▶ S.N.A does NOT prevent social networking addicts and their friends from logging onto SocialNetworkingAddiction.com.
- ▶ S.N.A does NOT provide laptops, smart phones, or other such devices to their members.
- ▶ S.N.A does NOT monitor or check up on its members. It empowers social networking addicts to help themselves and control their SNEAKING.
- ▶ S.N.A does NOT connect members of the community for the formation of online friendships.

How can you find out more about S.N.A?

Find out more about S.N.A by visiting www.SocialNetworkingAddiction.com or its sponsor [www. IceCreamMelts.com](http://www.IceCreamMelts.com).

THE 12 STEPS OF SOCIAL NETWORKING ANONYMOUS

1. We came face to face with our online social networking addiction.
2. We came to believe that there is more to life than our online community.
3. We made a decision to reconnect with our offline community.
4. We self assessed our situation with complete honesty.
5. We admitted to our online friends that we were **SNEAKING** way too much.
6. We will deactivate our social networking profile if that became the last resort.
7. We will be courteous to our Internet Service Provider when disrupted internet connections prevent us from going online.
8. We made a list of online friends whom we have spammed by constantly **SNEAKING** and apologized for our actions.
9. We apologized to our offline friends whom we have ignored due to continuous **SNEAKING**.
10. We continue to self assess our situation and admit when we are **SNEAKING**.
11. By engaging in offline activities we are adding more to our lives and learning to cope in a world outside of our online social network.
12. We seek to continuously gain a higher understanding of our social networking addiction and spread the word to other social networking addicts in our offline and online interactions.

