Glory be to God.

The below are tips we have for handling internet addiction.

1. Like Elizabeth (a roommate in a hostel) pray rosary daily.
2. Reading religious scripts of your religion daily may help.
3. Auto suggest your goals at sleep time daily. Autosuggesting "10 Conditions for Perfect Chastity" the 16th lecture of Jaina Sutra daily at sleep time have helped one person to live chaste.
4. 13 Virtues by founding father Benjamin Franklin – in paper form or as android app can help. This book helps in self-monitor character building. I can mail copies of this book.
5. Listening to YouTube video Ytzer Hara by Rabbi Michael Skobac is a resource that aide this need of abstinence. Falling asleep while hearing this speech is helpful.
https://youtu.be/SkO1VLDmxbQ?si=XgujgghZdEsewmQ-
6. Learning and practicing meditation as Lord Buddha have taught that may help heal addiction.
7. Attending church Sunday and on all other days when one is able is another aide.
8. Fasting is an aide for abstinence according to Prophet Muhammad (may peace be upon him.)
9. Writing a book, like The Road to Character by David Brooks, in small parts on your favorite topic may help to abstain from addiction.
10. Republishing Hindu scriptures that deal with chastity is an undertaking that aide in this matter of abstinence.
11. Having a standard operating procedure to refer to at craving time and act according to it is a way, similar to doing an unfamiliar task of the office work.
12. Make an effort to go out every day at 7 AM. Everyday awake at 6 AM, Sleep at 10 PM.)
13. Keep home neat as temple of God is a commitment that help heal addiction.
14. Taking online college credits at www.sophia.org, www.study.com for nearly $100 a month for as many course as one can learn. Also available is
FEMA - Emergency Management Institute (EMI) Home Page | EMI Mission
https://training.fema.gov/programs/independent-study/
15. If life is uncertain about having married life, practice activities of both married life and religious vocation. At the end one of the life paths will fulfill.
16. We had in India a neighbor who worked at night. During the day time when we see him, he is sitting in the sandy yard resting. Like him, whatever activity one does for wage do that well. The other free time stay free at rest doing nothing. Only for healthy matters go online to internet and go outside of home. Then like the neighbor we may see generations of our descendants.
17. Right before one sleep, pray earnestly for a dream and a vision. Pray like this- O saints in heaven give me a vision, O angels give me dream, O stars in the skies give me a dream, O my household my deities give me a vision. The night may bring a vision and dream. This acts of dream is seen in the book "Epic of Gilgamesh."

If anyone want to add their useful method of healing to this list, please email me at kurian50@outlook.com. Money can be given for tips.