

Are You Addicted To eBay Or Other Online Auctions

Written by Dr. Kimberly Young

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Are You Addicted To eBay Or Other Online Auctions

Answer "yes" or "no" to the following statements:

1.

Do you need to bid with increasing amounts of money in order to achieve the desired excitement?

2.

Are you preoccupied with auction houses (thinking about being online when offline, anticipating your next online session)?

3.

Have you lied to friends and family members to conceal extent of your online bidding?

4.

Do you feel restless or irritable when attempting to cut down or stop online bidding?

5.

Have you made repeated unsuccessful efforts to control, cut back, or stop online bidding?

6.

Do you use auction houses as a way of escaping from problems or relieve feelings of helplessness, guilt, anxiety, or depression?

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7.

Have you jeopardized or lost a significant relationship, job, or educational or career opportunity because of online bidding?

8.

Have you committed illegal acts such as forgery, fraud, theft, or embezzlement to finance online activities?

eBay addiction is a growing societal and mental health problem. Review the quiz and if you answered "yes" to any of the above questions, you may be addicted to online auction houses. These are signs that you have lost control, lied, or possibly stole money just to support your bidding behavior. [Read Dr. Young's latest book for more information](#) . For immediate help, contact Dr. Young for affordable and confidential counseling or review our array of books on Internet addiction to learn more on steps towards recovery.