Internet Health Plan Instructions

In the inner circle, or the "red zone," list all Internet behaviors which are **never** healthy for you. This may include items such as not going online past 10:00pm or not looking at certain sexual images on the Internet.

The middle circle is the "yellow zone." In the yellow zone you should list Internet behaviors for which you are uncertain about whether they are healthy or unhealthy for you. This circle may also include Internet behaviors that are **sometimes** healthy for you and sometimes are unhealthy. Examples include using the computer when you are alone, and/or going online when you are angry, tired, lonely, etc.

The outer circle is your "green zone." In this circle list Internet behaviors that you know are **always** okay for you. The green zone illustrates those behaviors that indicate healthy use of the Internet for you. An example might be using the Internet in a high traffic area, or finding recovery resources/support while online.