

A Christian Perspective on Watching Secular TV Programming

Handout #1

Signs of TV Addiction

1	You record TV shows that are on the same time the one you are watching.
2	You watch a program with the anticipation of seeing a sinful act, and enjoy it when it comes.
3	You eat your dinner in front of the TV.
4	You neglect your spouse or family time for a TV show.
5	You look forward to a TV show, but you easily neglect spiritual activities.
6	Your conversation is replete with TV reviews and anecdotes.
7	TV replaces your Bible reading, devotion time, or family worship.
8	No one is allowed to speak while the TV is on.
9	You rush home so you will not miss a program.
10	You watch TV late into the night consistently.
11	When company visits, the TV remains on, and you wish they would leave.
12	You let TV do your thinking for you.
13	You turn the TV on the moment you enter a room, or when you awaken in the morning.
14	The TV is on when you are doing your chores.
15	You laugh at the very sin that sent Christ to the cross.
16	You begin to adopt ideas and attitudes contrary to Scripture.
17	You go nowhere but have become a couch potato.