

T.V. Watching out of Control:

Hidden problems for adults and children

©1997 by Renée Ellison, revised and expanded 2006

TABLE OF CONTENTS

Introduction	1
Four alarming problems of excessive media watching	2
1. Developmentally	2
a. Excessive media: a problem for immature/concrete level thinkers	2
b. Secondary messages: a slippery morality	2
c. Shallow thinking in deep canals	3
d. Emotional check-outs and callousness	4
e. Compromised ability to think clearly	4
f. A common, shared childhood	5
2. Physically	5
a. Excessive media promotes physical and psychological addiction	5
b. Stunts or shuts down influence	6
3. Practically	6
a. Wasted time	6
b. Wasted comparisons	7
c. Creates an amusement mentality	7
4. Spiritually	8
a. Feeding on a diet of evil content	8
b. “Safe” evil experimentation	9
c. Promotes distaste for real life	9
d. Dulls spiritual interest	9
e. Dips into abomination	9
f. Judicious viewing	10
Conclusion	11
How to help an adult who is addicted to TV/media	11