

The Family Planning Association of Hong Kong

Are you addicted to idol worshipping?

Do you have an idol you feel adore with? Many adolescents are attracted by the outer appearance or characters of celebrities, and consequently have a lot of fantasized romance over them. Let's try the following test to see if you are addicted to idol worshipping !

<p>You spend most of your time in idol worshipping.</p>  <input type="checkbox"/>	<p>You spend most of your pocket money to consume products with images of your idol.</p>  <input type="checkbox"/>	<p>You cannot focus on classes because you always fantasize about your idol.</p>  <input type="checkbox"/>	
<p>Your performance at school is affected due to your involvement to activities of idol worshipping.</p>  <input type="checkbox"/>	<p>Please mark <input checked="" type="checkbox"/> if it frequently occurs to you!</p>		
<p>You get extremely furious if people show their dislike of your idol.</p>  <input type="checkbox"/>	<p>The relationship with your family is deteriorated because of your worshipping of idol.</p>  <input type="checkbox"/>	<p>You are emotionally clung by your idol's activities.</p>  <input type="checkbox"/>	<p>You have no interest to get involved in other activities apart from adoring your idol.</p>  <input type="checkbox"/>

Idol-adoring is an interesting experience. Ideally, you will be able to learn the good side of their characters and spirits; and that affect you positively to your growth. However, if you are over-addicted to worship your idol, it will bring negative effects to your life, including your study, management of money-spending, and your relationship with family and friends, etc.

If you found more than half of the scenarios in the test happen, you are considered to be over-addicted to idol-worshipping. We suggest you immediately readjusting your habits in life particularly in time management and money-spending. You should also fix the ruined relationship between you and your family; reconsider what are the priorities and goals in your life. You should also seek help from your family, friends or social workers when necessary.