

# Is Windows use an addiction?

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Only you can decide whether you want to give Linux a try or if you think it can help you.

We who are in the Linux community came because we finally gave up trying to control our Windows use. We still hated to admit that we could never use Windows. Then we heard from other Linux members that we were sick. We found out that many people suffered from the same feelings of guilt, loneliness and hopelessness that we did. We found out that we had these feelings because we were sick with Windows.

We decided to try to face up to what Windows had done to us. Here are some of the questions we tried to answer honestly. See how you do. Remember, there is no disgrace in facing up to the fact that you have a problem.

[Answer YES or NO to the following questions](#) [3]

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