

# DIGITAL DETOX

ASSESS YOUR USE OF TECHNOLOGY TO CREATE SOME TECH FREE ZONES IN YOUR LIFE		
DO YOU OWN A SMARTPHONE (IPHONE, ANDROID, ETC.)?	Y	N
DO YOU CHECK YOUR PHONE IN THE FIRST HOUR OF THE DAY?	Y	N
DO YOU SPEND YOUR DAY WORKING IN FRONT OF A COMPUTER?	Y	N
DO YOU USE TECHNOLOGY AS A MEANS OF ESCAPE?	Y	N
DO YOU FEEL THAT YOU STAY ONLINE FOR LONGER THAN ORIGINALLY INTENDED?	Y	N
DO YOU FEEL THE NEED TO USE THE INTERNET/NEWS/GAMES/SOCIAL MEDIA WITH INCREASING AMOUNTS OF TIME IN ORDER TO ACHIEVE SATISFACTION?	Y	N
DO YOU FEEL PREOCCUPIED WITH THE NEWS/INTERNET/GAMES/SOCIAL MEDIA?	Y	N
DO YOU FEEL RESTLESS, MOODY OR IRRITABLE WHEN ATTEMPTING TO CUT DOWN OR STOP INTERNET/NEWS/GAMES/SOCIAL MEDIA USE?	Y	N
CAN YOU STAND IN A QUEUE WITHOUT CHECKING YOUR PHONE?	Y	N
DO YOU FEEL THE NEED TO RESPOND IMMEDIATELY TO YOUR MESSAGES?	Y	N
DO YOU CONSTANTLY CHECK THE PHONE EVEN IF IT DOES NOT RING OR VIBRATE?	Y	N
DO YOU FEEL ANXIOUS WHEN AWAY FROM YOUR DEVICE OR COMPUTER?	Y	N
WHEN DRIVING, DO YOU CHECK YOUR PHONE WHILST WAITING IN TRAFFIC?	Y	N
DO YOU CHECK YOUR PHONE DURING MEAL TIMES?	Y	N
DO YOU FEEL PANICKY <b>AND ANXIOUS IF YOU DON'T HAVE YOUR PHONE</b> ON YOU OR IF THE BATTERY IS DEAD?	Y	N
SINCE YOU FIRST LOOKED AT THIS WORKSHEET HAVE YOU AT ANY POINT STOPPED TO CHECK NEWS, EMAILS, SOCIAL MEDIA, TEXT MESSAGES ETC.?	Y	N
HAVE YOU EVER CHECKED NEWS, EMAILS, SOCIAL MEDIA, TEXT MESSAGES, ETC. WHILE ON THE TOILET?	Y	N
HAVE YOU EVER CHECKED NEWS, EMAILS, SOCIAL MEDIA, TEXT MESSAGES, ETC. IN BED?	Y	N
DO YOU CHECK YOUR PHONE JUST BEFORE GOING TO SLEEP?	Y	N
<b>HAS ANYONE EVER TOLD YOU THAT YOU'RE ONLINE/ON YOUR PHONE TOO MUCH?</b>	Y	N
<b>TOTAL</b>		