

Phone Addiction Assessment

QUIZ

- Do you take your phone with you almost everywhere you go, even if you don't expect to need it?
- Do you check your phone before you get out of bed in the morning or "one last time" right before bed?
- Do you find yourself mindlessly checking your phone many times a day, even when you know there is likely nothing new or important to see?
- Do you often pick up your phone just to check and see if you have any new notifications/calls/texts?
- Do you find yourself mindlessly passing time on a regular basis by scrolling through social media, email, web articles or other apps?
- Do you feel anxious, annoyed, or uncomfortable when you accidentally leave your phone in the car or at home or have no service?
- Do you have a hard time concentrating/focusing for long periods without "taking a break" to check your phone?
- Have your close friends or family commented that you spend too much time on your phone?
- Do you respond to texts, notifications or emails compulsively at all hours – even when it means interrupting other things you are doing?
- Do you feel weird or anxious if you don't have your phone with you because you do not know what to do without it?

OTHER HABITS TO STOP

- Looking at your phone while you're on the toilet.
- Having your phone plugged in at your bedside table when you sleep.
- Looking at your phone/texting/emailing while walking or driving.
- Pulling out your phone by default any time you have a free moment.
- Using your phone to check social media/email/other while watching TV.
- Using your phone at the dinner table.
- Texting people who are in the same house or same room.
- Comparing your life to the lives of others you see through your phone on social media.
- Constantly taking pictures/videos with your phone instead of enjoying the moment.
- Looking at your phone just because people around you are looking at theirs.

Phone Addiction Recovery Plan

My Quiz Results

Based on the phone addiction quiz, I am Phone "_____".

My Commitment

I will pick ___ bad phone habit(s) per week to quit. After I abstain from the bad habit(s) for at least one full week, I will continue on and pick new bad phone habits to quit.

These are the phone habits I will not do for an entire week.

WEEK 1

Habit 1: _____

Habit 2: _____

Habit 3: _____

These are the phone habits I will not do for an entire week.

WEEK 2

Habit 1: _____

Habit 2: _____

Habit 3: _____

These are the phone habits I will not do for an entire week.

WEEK 3

Habit 1: _____

Habit 2: _____

Habit 3: _____

These are the phone habits I will not do for an entire week.

WEEK 4

Habit 1: _____

Habit 2: _____

Habit 3: _____

These are the phone habits I will not do for an entire week.

WEEK 5

Habit 1: _____

Habit 2: _____

Habit 3: _____

These are the phone habits I will not do for an entire week.

WEEK 6

Habit 1: _____

Habit 2: _____

Habit 3: _____

These are the phone habits I will not do for an entire week.

WEEK 7

Habit 1: _____

Habit 2: _____

Habit 3: _____

These are the phone habits I will not do for an entire week.

WEEK 8

Habit 1: _____

Habit 2: _____

Habit 3: _____