

## Are You Addicted?

Answer "yes" or "no"

- Do you find yourself spending more time on your phone than you realise?
- Do you pass the time on a regular basis by staring at your phone?
- Do you seem to lose track of time when on your phone?
- Do you spend more time texting, tweeting or emailing as opposed to talking to people in person?
- Has the amount of time you spend on your phone been increasing?
- Do you wish you could be a little less involved with your phone?
- Do you sleep with your phone (turned on) next to your bed?
- Do you find yourself viewing and answering texts, tweets and emails at all hours — even when it means interrupting things you are doing?
- Do you text, email, tweet or surf while doing activities that require your focused attention?
- Do you feel your use of your phone decreases your productivity?
- Do you feel reluctant to be without your phone, even for a short time?
- Do you feel uncomfortable if you accidentally leave your phone behind or have no service?
- When you eat meals, is your phone part of the table place setting?
- When your phone beeps do you feel an intense urge to check it?
- Do you mindlessly check your phone many times a day?

Number of times answered "yes"

5 to 7: You may have a compulsive phone use pattern.

8 and above: You might consider seeing a psychologist.

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