Technology Use Survey

Choose the most accurate answer to each question and add up the points
below your answers to find your total score.

	0 Points	1 Point	2 Points
How soon after waking do you usually start using technology?	More than 1 hour	30 minutes	Immediately
How soon before sleep do you usually stop using technology?	2 hours	1 hour	Just before sleep
Do you stay up later than you'd like while using technology?	Never	Sometimes	Often
How many meals a day do you spend in front of technology?	None	One	Two or more
Do you use technology to self-soothe when you're feeling upset, sad, or angry?	Never	Sometimes	Often
Do you use technology when you're bored?	Never	Sometimes	Often
Do you lose track of time on your device and spend longer than you intended?	Never	Sometimes	Often
Do you crave using your technology when you're not using it?	Never	Sometimes	Often
How many hours a day, not school-related, do you spend in front of a device?	None	One	Two or more
If you have a phone, do you keep it on and out at work or school?	Never	Sometimes	Always
How often do you get in arguments with family or friends because of your tech use?	Never	Sometimes	Often
Do you have your phone out or use other unrelated tabs on your computer while doing your homework?	Never	Sometimes	Always
How often do you notice you feel bad about yourself after scrolling through social media?	Never	Sometimes	Always
Do you say things online that you wouldn't say in person?	Never	Sometimes	Often
Do you ever notice yourself wanting more likes, comments, or feedback on your social media than you receive?	Never	Sometimes	Always
Do you prefer to have hard conversations over text message or through the internet rather than face-to-face?	Never	Sometimes	Always
Do you have limited downtime because you pick up your phone every spare moment?	Never	Sometimes	Always
Do you ever avoid dealing with difficult emotions or having difficult conversations by using tech?	Never	Sometimes	Always

Total: _____

POSSIBLE SCORE RANGE: 0–36: The higher your total score, the more likely it is that technology is having an impact on your life. Explore the research and practices in *Attention Hijacked* to find a more mindful way to use technology.