

## SMARTPHONE COMPULSION TEST

*Dr. David Greenfield, Center for Internet and Technology Addiction*

1. Do you find yourself spending more time on your cell or smartphone than you realize?
2. Do you find yourself mindlessly passing time on a regular basis by staring at your cell or smartphone?
3. Do you seem to lose track of time when on your cell or smartphone?
4. Do you find yourself spending more time texting, tweeting, or emailing as opposed to talking to people in person?
5. Has the amount of time you spend on your cell or smartphone been increasing?
6. Do you wish you could be a little less involved with your phone?
7. Do you sleep with your cell or smartphone (turned on) under your pillow or next to your bed on a regular basis?
8. Do you find yourself viewing and answering texts, tweets, and emails at all hours of the day and night—even if it means interrupting other things you are doing?
9. Do you text, email, tweet, Snapchat, Facebook message, or surf while driving or doing other similar activities that require your focused attention and concentration?
10. Do you feel your use of your cell or smartphone decreases your productivity at times?
11. Do you feel reluctant to be without your cell or smartphone, even for a short time?
12. Do you feel ill at ease or uncomfortable when you accidentally leave your smartphone in the car or at home, have no service, or have a broken phone?
13. When you eat meals, is your cell or smartphone always part of the table place setting?
14. When your cell or smartphone rings, beeps, or buzzes, do you feel an intense urge to check for texts, tweets, emails, updates, and so on?
15. Do you find yourself mindlessly checking your cell or smartphone many times a day, even when you know there is likely nothing new or important to see?

**1-2:** Your behavior is normal but that doesn't mean you should live on your smartphone.

**3-4:** Your behavior is leaning toward problematic or compulsive use.

**5 or above:** It is likely that you may have a problematic or compulsive smartphone use pattern.

**8 or higher:** If your score is higher than 8, you might consider seeing a psychologist, psychiatrist, or psychotherapist who specializes in behavioral addictions for a consultation.

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## **THE SEVEN PHONE HABITS OF HIGHLY EFFECTIVE PEOPLE**

*Price, Catherine (2018) How to Break Up with Your Phone; Ten Speed Press: CA/NY*

1. I have healthy phone routines.
2. I have manners, and I know how to use them.
3. I cut myself a break.
4. I phast.
5. I have a life.
6. I practice pausing.
7. I exercise my attention.