

Quiz

TECH ADDICTION

Never – 0 points

Sometimes – 5 points

Frequently – 10 points

1

Used tech before going
to sleep

Never

Sometimes

Frequently

2

Teched during mealtime

Never

Sometimes

Frequently

3

Teched while in the
bathroom

Never

Sometimes

Frequently

4

Thought or talked about
teching when not using it

Never

Sometimes

Frequently

5

Teched when someone
else is talking, or when
out with friends

Never

Sometimes

Frequently

6

Used tech quickly when
you don't know the
answer to a question

Never

Sometimes

Frequently

7

Used multiple forms of
tech at once
(multi-tasking)

Never

Sometimes

Frequently

8

Been frustrated or
found another device
when your battery fails

Never

Sometimes

Frequently

9

Defended, justified, or
made excuses for tech use
or had someone
comment on your teching

Never

Sometimes

Frequently

Results:

- **0-25:** Your tech relationship seems healthy
- **25-45:** You may be using tech appropriately, but could improve
- **45-60:** To quote Keith Olbermann, “World’s out here, pal!”
- **60-75:** Time for a light digital diet
- **75-90:** As a licensed professional counselor, it is my legal obligation to tell you something: “Put the phone down! Step away from the screen! You have a problem, but you can survive!”