

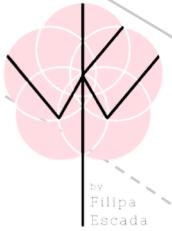
# Quiz

## TECH ADDICTION

Never – 0 points

Sometimes – 5 points

Frequently – 10 points



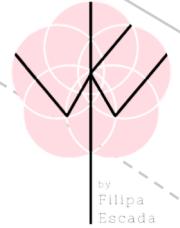
1

Used tech before going  
to sleep

Never

Sometimes

Frequently



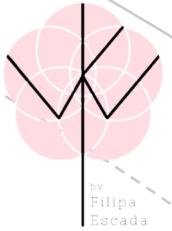
2

Teched during mealtime

Never

Sometimes

Frequently



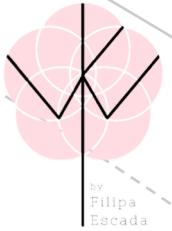
3

Teched while in the  
bathroom

Never

Sometimes

Frequently



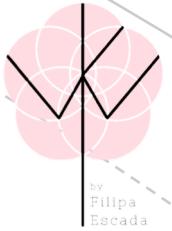
4

Thought or talked about  
teching when not using it

Never

Sometimes

Frequently



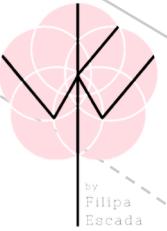
5

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

Never

Sometimes

Frequently



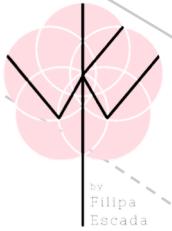
6

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

Never

Sometimes

Frequently



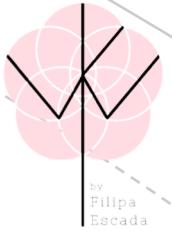
7

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

Never

Sometimes

Frequently



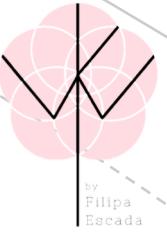
8

Been frustrated or  
found another device  
when your battery fails

Never

Sometimes

Frequently



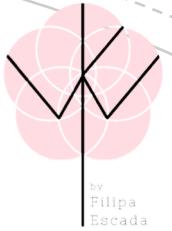
9

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!”