Tech Habits Quiz

Read each statement and indicate how often it applies to you. Be honest! Mark any behaviors that significantly affect you or your relationships. If applicable and desired, discuss with your partner or significant other at the end.

1	2	3	4	5
Never	Rarely	Sometimes	Often	Always

_____ The very first thing I do when I wake up is check my phone.

_____ I use my phone during meals, even when I'm with others.

_____ I often lose track of time scrolling through content online.

_____ I feel restless or anxious if I'm away from my phone for a while.

_____ I compare myself unfavorably to others when I see their posts on social media.

_____ I spend so much time on my phone that my partner feels ignored.

_____ After using my phone right before bed, I have trouble falling asleep.

_____ I often respond emotionally to online posts, messages, or comments.

_____ I express myself differently in texts, apps, or social media than I would in person.

_____ I look through my partner's online activity or messages without their knowledge.

_____ I struggle to focus on tasks or conversations without checking my phone.

Reflection Questions

Reflect on how these habits shape your daily life, well-being, and relationships.

Were there any surprises in your responses?

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Did any of your responses challenge your assumptions about your technology habits?

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Which of your marked behaviors do you think has the biggest impact on your mood, productivity, sleep, or relationship? How does it affect you?

_____

_____

_____

Choose one of the behaviors on which you marked a 4 or a 5. What do you think is the underlying reason for your rating? (e.g., boredom, stress, feeling disconnected from your partner)

_____

_____

_____

Rather than defining behavior as "good" or "bad," this quiz supports mindful self-observation. It's important to consider what these behaviors are adding—or taking away. In the next chapters, we'll explore these questions and related topics in greater detail.