Assessment: Digital Dependency Spectrum Check

This assessment is designed to help you reflect on your current relationship with technology and how it may be impacting your well-being and relationships. It is not a diagnosis, but a self-awareness tool to support insight and intentional change. Circle the number that best represents your experience for each statement:

Statement	0 = Never, 5 = Always					
I feel anxious/irritable when I can't access my phone or the internet.	0	1	2	3	4	5
I often use my phone to escape boredom or emotional discomfort.	0	1	2	3	4	5
I lose track of time when using apps or scrolling.	0	1	2	3	4	5
My partner or others have expressed concern about my screen time.	0	1	2	3	4	5
I struggle to cut back, even when I try.	0	1	2	3	4	5
I feel more emotionally connected to my digital life than my real one.	0	1	2	3	4	5

Scoring Guide:

- 0–9: Healthy / Intentional Use
- 10–17: Habitual Use with Mild Disruption
- 18–24: Problematic Use — Consider boundary-setting
- 25–30: Likely Compulsive Use — Reflect and seek support if needed

Note*: This exercise is not a diagnostic tool and does not determine clinical severity. Instead, it's meant to support self-reflection and awareness.*

Reflection:

- What stood out most? Was there one item that felt particularly true or surprising?

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- How do these patterns affect your relationship or personal well-being? Do they create disconnection, distraction, or tension?

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- What small change could support a healthier balance with technology? Think in terms of boundaries, time limits, intentional habits, or shared rituals.

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