

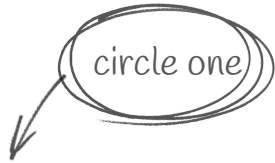


Tech-Life Balance Survey

KATEBORSATO

Tech-Life Balance Survey

Are you using technology too much?



- yes / no** Do *you* believe you are plugged in to technology too much?
- yes / no** Have you had arguments about how much time you are using a device?
- yes / no** Has anyone made a comment to you about how much you use tech?
- yes / no** Do you find yourself picking up a device mindlessly, out of habit?
- yes / no** Do you check your email or other notifications first thing in the morning?
- yes / no** Do you surf the internet while laying in bed with your partner?
- yes / no** Do you surf your phone while eating with others?
- yes / no** Do you interrupt your conversations to respond to a digital notification?
- yes / no** Has tech-use negatively impacted your in-person relationships?
- yes / no** Do you find yourself distracted at work with your smartphone?
- yes / no** Would you rather watch TV, surf the web, or play video games than have sex?
- yes / no** Have you tried to cut-down your tech-use but find it really challenging?
- yes / no** Do you stay up much later than you like using a technology device?
- yes / no** Do you feel badly after spending a significant amount of time on your smartphone or surfing the internet?

How many 'yes'?

Any 'yes' indicates an area where technology may be negatively impacting your life. If you answered 'yes' to **more than 5 questions**, your tech use is likely out-of-balance, and you may consider making some changes