

# HOW IS TECH AFFECTING YOUR LIFE?

To determine how technology is affecting your life, answer the following questions:

Yes      No

      

**Do you get emotional or angry when you don't have access to your phone or the internet?**

      

**Are your grades lower than they should be?**

      

**Has social media ever caused you problems with friends?**

      

**Do family members often hassle you about spending more time with them?**

      

**Do you find yourself reaching for your phone every few minutes?**

      

**Do you notice yourself often comparing your life to other people's lives?**

      

**Do you stay up too late using your phone or playing video games?**

**If you answered yes to any of the above questions, what is something you can do to change that habit?**

