

Digital **ADDICTION** Assessment

Check each box below if the answer is "yes" (even "mostly yes"). Be honest (lying to yourself is an addiction too!). No one will see this but you. The first step to change is acknowledgement.

- ☐ Do you sometimes bring your smartphone, tablet or laptop with you while you sit on the toilet?
- ☐ If you have to wait in line for more than 2 minutes do you often pull out your smartphone?
- ☐ If are waiting at a stoplight that looks like it will be red for more than 30 seconds, do you often pull out your smartphone?
- ☐ Do you bring your smartphone with you to church?
- ☐ Has your significant other ever banned you from your smartphone?
- ☐ Does your spouse or kids text you within your house to get your attention?
- ☐ Do you freak out if you're in a car and your smartphone is in your bag or inaccessible?
- ☐ Do you check your RSS feeds more than 1x per hour?
- ☐ Do you sometimes make a nervous habit out of refreshing your inbox over and over, just in case someone emailed you in the last 45 seconds?
- ☐ Does the verb "tweet" come up regularly in your real-life conversations?
- ☐ Have you ever changed vacation plans based on Wi-Fi availability?
- ☐ Are there more than two portable electronic devices within reach of your bed?
- ☐ Have your friends commented on Facebook that you spend too much time on Facebook?
- ☐ Do you check your personal Facebook account/notifications while at work?
- ☐ When you post an update on Facebook are you disappointed if no one comments on it? (Be honest!)
- ☐ Since starting to use Facebook, do you spend less time doing other activities you used to enjoy (e.g., sports, exercise, socializing with others, hobbies, etc.)?
- ☐ Do you often login to Facebook when you are out socially with others?
- ☐ Have you ever described what you are eating on Facebook, Instagram, or Twitter?
- ☐ Do you ever tell a friend in person to check your Facebook profile to learn what's new with you?
- ☐ Have you ever gotten mad at a friend who didn't know what was new with you because they didn't check your Facebook profile?
- ☐ Do you check email, Twitter or your Facebook account before you brush your teeth in the morning?
- ☐ Do you have your Facebook account set so you get automatic notifications to keep up with what your friends are doing/saying?
- ☐ Do you often confuse what someone has said to you "in real life" and what was said on Facebook?
- ☐ Do you spend more time on Facebook than you do in the presence of actual people?
- ☐ Have you ever asked, "Are we friends (on Facebook)?"
- ☐ Do you check your email, Twitter feed and/or Facebook account one last time after you brush your teeth at night?
- ☐ Do you text or check email while driving even though you know it's worse than if you were driving drunk?
- ☐ When something happens in your life, is your first thought usually "How can I fit this into 140 characters?"
- ☐ Do you need multiple wall outlets to charge all your stuff at night?
- ☐ When you sit down in a coffee shop, do you tend to position yourself close to a power outlet "just in case"?
- ☐ Do you have more than five tabs open in your browser at a time?
- ☐ Are there more than three screens of some kind in your office when you are in it?
- ☐ Do you tweet, email, text, or read blogs while watching movies or TV at home?
- ☐ Do you put your phone on vibrate at the movie theater rather than turn it off, even though you're not expecting anything important?

- ☐ Can you type text messages faster than you can handwrite the same words?
- ☐ When out to eat, do you put your smartphone on the table instead of in your pocket or purse?
- ☐ Does it disturb you if someone else's smartphone dings and they don't check the text?
- ☐ If you are without your smartphone or the battery has died, do you get a twinge of envy when you see someone else on his or her smartphone?
- ☐ Would you classify yourself as an effective multitasker?
- ☐ Do you check your email more than 1X per hour?
- ☐ When on a teleconference or phone call, do often you scan email at the same time?
- ☐ During meetings do you keep your smartphone on vibrate instead of shutting it off?
- ☐ Is your smartphone on vibrate right now?
- ☐ During meetings do you often respond to texts or emails? (Don't even think about doing that during this one!)
- ☐ Are you answering email on your smartphone when you walk between meetings or on your way to the parking lot?
- ☐ Do you keep answering while you're sitting in your car in your driveway or garage when you get home?
- ☐ Do you deny you have an addiction to your smartphone? (First stage of any type of addiction)

Scores:

0-5: Clean as a Whistle - You are either 95 years old, live under a bridge, or you often lie compulsively to make yourself feel better about your distraction addictions. Sorry to call you out like that; somebody had to.

6-10: Social Drinker - You probably have real friends, play sports, and actually have a significant other. Either that or you've recently been released from smartphone rehab and haven't slipped back into your old ways yet.

10-19: Coffee Fiend - Your addiction is medically certain but it's not killing you or your productivity. It's certainly taxing your adrenals and suppressing your greater, more organic potential. But hey, who is perfect?

20-29: Chain Smoker - You recognize that you're addicted and you're trying to quit (but not that hard). Be aware that your addictions are starting to ruin your social interactions between signing out of the real world every 10 seconds and stinking up the room when you enter. People do talk behind your back about it, too. Just know that.

30-39: Pothead - You're addicted, but you have no desire to quit. The technology has drained every bit of ambition to get sober out of you. Yes, lunch will be soon. We don't want to see you sneaking around the back with your smartphone either. It's probably time for counseling.

40-49: Crack Head - You get all shaky when you even think about your smartphone, always searching for your next fix. Family members are planning to stage an intervention and check you into a clinic. Shock therapy actually sounds exciting to you though.

50: Perma-Fried - There's no higher brain activity going on anymore. Doctors should prescribe you video games and/or marijuana for medicinal purposes, just to keep you from flat-lining.

DIGITAL ADDICTION 12-STEP RECOVERY PROGRAM

The first step to change is acknowledgement:

My name is _____ and I am an addict.

I hereby commit to listening intently on how to break these terrible productivity-crushing addictions that are crippling my performance and wrecking my potential.

Signed: _____

STEP 1: Pick 3 digital addictions checked on your diagnostic and abstain for a week.

Addiction No.1: _____

Addiction No.2: _____

Addiction No.3: _____

Once you have achieved sobriety for a complete week without relapse, continue to the next step.

STEP 2: Pick 3 digital addictions checked on your diagnostic and abstain for a week.

Addiction No.4: _____

Addiction No.5: _____

Addiction No.6: _____

Once you have achieved sobriety for a complete week without relapse, continue to the next step.

STEP 3: Pick 3 digital addictions checked on your diagnostic and abstain for a week.

Addiction No.7: _____

Addiction No.8: _____

Addiction No.9: _____

Once you have achieved sobriety for a complete week without relapse, continue to the next step.

STEP 4: Pick 3 digital addictions checked on your diagnostic and abstain for a week.

Addiction No.10: _____
 Addiction No.11: _____
 Addiction No.12: _____

Once you have achieved sobriety for a complete week without relapse, continue to the next step.

STEP 5: Pick 3 digital addictions checked on your diagnostic and abstain for a week.

Addiction No.13: _____
 Addiction No.14: _____
 Addiction No.15: _____

Once you have achieved sobriety for a complete week without relapse, continue to the next step.

STEP 6: Pick 3 digital addictions checked on your diagnostic and abstain for a week.

Addiction No.16: _____
 Addiction No.17: _____
 Addiction No.18: _____

Once you have achieved sobriety for a complete week without relapse, continue to the next step.

STEP 7: Pick 3 digital addictions checked on your diagnostic and abstain for a week.

Addiction No.19: _____
 Addiction No.20: _____
 Addiction No.21: _____

Once you have achieved sobriety for a complete week without relapse, continue to the next step.

STEP 8: Pick 3 digital addictions checked on your diagnostic and abstain for a week.

Addiction No.22: _____
 Addiction No.23: _____
 Addiction No.24: _____

Once you have achieved sobriety for a complete week without relapse, continue to the next step.

STEP 9: Pick 3 digital addictions checked on your diagnostic and abstain for a week.

Addiction No.25: _____

Addiction No.26: _____

Addiction No.27: _____

Once you have achieved sobriety for a complete week without relapse, continue to the next step.

STEP 10: Pick 3 digital addictions checked on your diagnostic and abstain for a week.

Addiction No.28: _____

Addiction No.29: _____

Addiction No.30: _____

Once you have achieved sobriety for a complete week without relapse, continue to the next step.

STEP 11: Pick 3 digital addictions checked on your diagnostic and abstain for a week.

Addiction No.31: _____

Addiction No.32: _____

Addiction No.33: _____

Once you have achieved sobriety for a complete week without relapse, continue to the next step.

STEP 12: Pick 3 digital addictions checked on your diagnostic and abstain for a week.

Addiction No.34: _____

Addiction No.35: _____

Addiction No.36: _____

Once you have achieved sobriety for a complete week without relapse, you have completed the 12-Step Digital Addiction Recovery Program. **CONGRATULATIONS!**

Now maintaining your new healthy lifestyle will be your greatest challenge. Continue to condition your mind by rinsing and repeating this course, keeping yourself in a supportive environment, and lining up a sponsor or accountability partner to call when you start getting those digital shakes and become obsessively compelled to check your un-ringing phone for no reason at all.

-Gabriella Flori

-Britt Knapp

"The results have definitely been quantifiable. It has significantly **increased my confidence**, which has allowed me to get **higher paying work** and **double my cash flow**." -Garrett Krahn

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