

DIGITAL DETOX



WORKSHEET

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Worksheet

Technology provides experiences that are interesting, easy to acquire, and feel good. Because of these reasons, it's easy to get addicted to our digital devices. In fact, these devices are designed to be addicting!

Studies show that when we spend too much time on our tech, our health declines and our lives actually become less satisfactory to us.

Most of us don't realize, though, how much time we spend on our smartphones, tablets, computers, video games, or social media.

Could you use a digital detox? This self-reflection worksheet will help you to determine if your tech use is negatively affecting you and, if it is, to make a plan to digitally detox and enjoy your life more.

ASSESSMENT:

Signs That You Might be Addicted to Technology

Do you have these signs? Check the ones that apply to you:

- Your attention wanders during conversations as you feel the urge to check your smartphone - or actually look at it while someone else is talking.
- You find that social media makes you feel depressed, anxious, or jealous - that your life pales by comparison to everyone else's.

- Your sleep is inadequate - you have trouble falling asleep or getting good quality sleep once you do fall asleep.
- Vision issues - your eyes are watery, itchy, dry, or blurry from spending too much time staring at screens.
- You always have your smartphone in your hand or on the table beside you where you can monitor it.
- You can't watch TV without also looking at your smartphone, laptop, or tablet.
- The first thing you do when you wake up in the morning is to reach for your smartphone to check for texts, emails, or other notifications.
- You lack mental clarity, alertness, or have a hard time making decisions because of brain fog.
- You feel compelled to use a digital device during meals.
- Others comment on your attachment to your phone.
- The thought of turning your phone off or putting it away for a few hours is stressful.
- Spending so much time on your devices is contributing to an inactive lifestyle and weight gain.

How many of these items did you recognize as being present in your life? Even if you only have a couple, a digital detox can be beneficial. If you have five or more, you'll be very pleased with the results you receive.

Who Is Most Likely to Suffer From Digital Addiction?

Do you have these traits? Check the ones that apply to you:

- Stressed, anxious, depressed, or struggling with mental health
- Low self-esteem
- Tend to avoid social contact
- Mind regularly wanders into a digital world instead of reality
- Addiction to video games or smartphones
- Lack real-world social contact
- Peer pressure to be active on social media

Your Digital Detox Process

1. What will you do to prepare yourself for your detox, so you'll know what to expect?

2. Write your personalized detox plan. Set the rules and duration for your digital detox. Be reasonable for greater success.

3. Make a list of every type of notification you get. Then, turn them all off.

4. How will you restrict your access to social media websites?

5. Make a list of everyone you want to notify about your detox, so they'll know why you're not posting on social media or responding to emails or texts.

6. What social engagements would you like to plan so that you can reconnect with friends or family while you're detoxing?

7. Make alternate plans for things that you usually check your phone for, such as the time. Where will you get a wristwatch - an easy fix to help you keep away from your phone?

8. What books would you be interested in checking out from the library to read while you have extra time? Is there something that you would like to learn about?

9. Choose a detox partner. Make a list of the possibilities and go down the list one by one until you find your accountability and support partner.

10. Plan activities or hobbies that you can enjoy with your extra time during your detox.

11. What obstacles do you think you're likely to encounter that could stall or derail your detox? How could you overcome these obstacles?

What to Expect During Your Digital Detox

1. Make a plan for dealing with withdrawal symptoms. How will you handle discomfort? List several options here and on index cards to keep around you and refer to when the symptoms strike.

Preventing a Relapse

1. Once your digital detox is complete, how do you plan to limit your digital device or social media use for the long term? Create clear, reasonable rules and stick with them.

2. Make a list of the benefits that you've received from this detox:

- Mental health benefits:

- Physical health benefits:

- Relationship benefits - reconnecting with friends and family:

- Benefits from having more free time:

- Benefits from greater focus and longer attention span:

- Productivity benefits:

- Enhanced social skills from reconnecting with the “real” world:

Good luck to you! You deserve the finest things life has to offer. Don't let your phone hold you hostage. Break those chains that bind you and set yourself free!