

Quiz: Am I Addicted to Social Media?

1. Do you check your phone within the first few minutes of waking up?

Yes No

2. Thinking about each social media account you have, do you post more than 7 times a day TOTAL?

Yes No

3. Has anyone ever complained about the time you spend on your phone?

Yes No

4. Would you feel overly anxious if you couldn't have access to your phone/internet for a week?

Yes No

5. Do you take selfies more than twice a day?

Yes No

6. Do you know approximately how many followers you have on your social media accounts?

Yes No

7. Are you on more than 4 social networks (Facebook, Twitter, Instagram, Snapchat, or ANY other platform where you have followers or subscribers).

Yes No

8. Do you check social media DURING CLASS when you're supposed to be working?

Yes No

9. Do you ever feel disappointed if you don't get enough likes on a social media post? Especially if you thought it was funny or would be received well?

Yes No

10. Do you sleep with your phone next to your bed and check it when you get up at night or when you can't sleep?

Yes No

11. Do you spend more than an hour a day on social media?

Yes

No

12. Do you ever feel WORSE about yourself after you scroll through your feeds?

Yes

No

If you answered yes to three or more of these questions, you could be addicted to social media. This may seem harmless, but it can become a coping mechanism and keep you from truly learning how to live a fulfilled life. At this point, you should seriously consider scaling back or giving up all social media for a while. If that thought gives you a pit in your stomach, then you need to do it. You do not want to exchange your real life for a fake one.

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