

Personal Survey. This will not be collected. Hopefully you will reflect on your answers!

1) How much time do you spend using technology?

None Too much

2) How often do you use technology to seek comfort when feeling distress or discomfort?

Never Always

3) Does your use of technology help you feel a sense of control, power, and independence?

Not at all Absolutely

4) Does your use of technology make you (or make you feel) lost, alone, isolated, and inferior?

Not at all Absolutely

5) What (or whom) do you trust most as your source of information, truth, and wisdom for life?

6) When done using technology, how often do you feel alive, fulfilled, and vibrant?

Never Always

7) Your use of technology is helping you maintain good habits with regular sleep.

Not at all Absolutely

8) Your use of technology helps you have unstructured downtime when you can appropriately reflect, dream, think, or just relax without stimulation.

Not at all Absolutely

9) The people in your household have appropriate time boundaries with their use of technology.

Not at all Absolutely

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10) The people you most closely associate with have good discussions about how to manage your collective use of technology.

Not at all Absolutely

11) How much consistency do you have in resisting temptations associated with your used of technology?

None Very consistent

The fruit of your technology use is greater:

	Really not true	Not true	Neutral	Somewhat true	Really true
Self-control					
Peace					
Ability to focus on responsibilities					
Purity in thought					
Joy					
Time to care for people					
Confidence in relationships					
Authentic connections with others					
Patience with others					
Ability to believe the best in others					
Kindness towards others					
Strength in love and faith towards God					