

Digital Detox Questionnaire

Digital media: e-mail, phone calls, text messages, social media accounts, news websites, blogs, Apps, music, video, etc.

Check-in: Any use of digital media, but especially refers to checking texts, e-mails and social media.

Write down the number of points for each question and then add them up. The lower your score the better.

1. How many times did I check-in today?

You can use [this](#) app to track this

Total points

0-3 times = 0 points

4-9 times = 1 point

10-19 times = 5 points

20-39 times = 10 points

40+ times = 20 points

2. For how many minutes did I use digital media today?

Total points

0-30 minutes = 0 points

30-60 minutes = 3 points

1-2 hours = 5 points

2+ hours = 10 points

3. How many times did notifications interrupt me? (sound, banner, or vibration)

Total points

1-5 times = 0 points

5-10 times = 3 points

10-20 times = 5 points

20+ times = 10 points

4. How successful was I at batching responses and replies? (letting messages and e-mails accumulate for batch processing a few times a day rather than responding immediately)

Total points

Very successful = 0 points

Moderately successful = 3 points

Failed = 5 points

5. How many times did I choose to use my device while standing in line, at a traffic stop, or in a bathroom stop?

Total points

0 times = 0 points

1-2 times = 1 point

3-5 times = 3 points

5-10 times = 5 points

6. Did I use any device before my morning devotions?

Total points

No = 0 points

Yes = 10 points

7. Did I let digital media interrupt my devotions?

Total points

No = 0 points

Yes = 10 points

8. Did I check-in last thing at night instead of reading and praying?

Total points

No = 0 points

Yes = 10 points

9. Did I check-in during the night?

Total points

No = 0 points

Yes = 10 points

10. Did I check-in while with family or friends? (e.g. at supper-table, with friends)

Total points

No = 0 points

1-3 times = 3 points

4+ times = 10 points

11. Did I check-in while at a meeting, listening to a lecture, or in class? **Total points**

- 0 times = 0 points
- 1-2 times = 1 point
- 3-5 times = 3 points
- 6+ times = 10 points

12. Did I use my device while exercising or walking? **Total points**

- No = 0 points
- Yes = 5 points

13. Did I use two devices at the same time (watching TV and checking social media at same time) **Total points**

- No = 0 points
- Yes = 3 points

14. How many times did I manage to spend an hour without checking in? **Total points**

- 6-10 times = 0 points
- 3-4 times = 3 points
- 0-2 times = 10 points

15. Did I take a digital Sabbath this week? (set aside the Lord's Day to fast from social media, the Internet, e-mail, etc.) **Total points**

- No check-ins on Sunday = 0 points
- 1 check-in = 1 point
- 2-3 check-ins = 3 points
- 4+ check-ins = 10 points

16. How many minutes did I spend in each of the following categories? **Total points**

Level 1 digital activities: Healthy and profitable activities that educate and edify (e.g. reliable news sites, Christian blogs, hobby interests, health and fitness) – Multiply minutes by 1

Level 2 digital activities: Neither moral nor immoral but often trivial and pointless (social media such as Facebook, Twitter, Snapchat, news sites, sports channels, blogs, drifting) – Multiply minutes by 3 **Total points**

Level 3 digital activities: Immoral and sinful activities such as porn, gambling, watching violence, listening to bad language – Multiply minutes by 5 **Total points**

17. How many times did I post about myself on social media today?

Total points

0 times = 0 points

1-2 times = 1 point

3-5 times = 5 points

6+ times = 10 points

18. How many critical, snarky, sarcastic, mocking comments did you leave on social media and blogs?

Total points

None = 0 points

1-3 = 5 points

4+ = 10 points

19. How much time did you spend on digital media when you were being paid to work?

Total points

None = 0 points

1-15 minutes = 5 points

15-30 minutes = 10 points

30+ minutes = 20 points

20. How late into the evening did you use digital media?

Total points

I took a two-hour break from digital media before bed-time = 0 points

I took a one-hour break before bed-time = 5 points

I took less than a one-hour break before bed-time = 10 points

21. Did using digital media delay my regular bed-time?

Total points

No = 0 points

By 1-15 minutes = 3 points

By 16-30 minutes = 5 points

By 30+ minutes = 10 points

22. How accurately do your social media accounts reflect your actual life? (Do the people who know you best in real life recognize you on Facebook or instagram?)

Total points

Accurate reflection = 0 points

Inaccurate reflection = 5 points

23. How would I rate my work / business / school-related use of e-mail and other messaging systems?

Total points

Efficient and effective batch-processing of messages = 0 points

Mixed = 5 points

Poor (responding to messages immediately throughout the day) = 10 points

24. How many times did I do work “after-hours”? (check / answer e-mail)

Total points

0 times = 0 points

1-2 times = 5 points

3-5 times = 10 points

25. Add 20 points for every time you checked messages while driving

Total points

26. Deduct 10 points for every 30 minutes spent reading a real book

Total points

27. Deduct 5 points for every time you pray instead of check-in

Total points

28. Deduct 5 points for every time you choose to start a conversation instead of check-in

Total points

29. How many selfies did you take today?

Total points

0 = 0 points

1 = 3 points

2-5 = 5 points

6+ = 10 points

Total Score:

Score Result:

Regarding your total score, the main aim is to work on reducing this number over a period of time. But if you want some guidance as to where you are on the digital addiction scale:

- 100+ You are passed-out drunk on data
- 60+ You are drunk and disorderly
- 0-30 You are sober and almost tee-total!