

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!