

The UNMACHINING SELF-ASSESSMENT

This questionnaire explores possible concerns in your internet, smartphone, and other device use. Read each specific concern starting with “As a result of my device use...”, and then give a rating (False/Slightly True/Mainly True/Very True). Rate only if you feel it’s related to your device use. This is not a diagnostic or therapy tool, but meant to encourage personal reflection about how devices might be impacting your life.

AREA	SPECIFIC CONCERN <i>As a result of my device use...</i>	FALSE (F) SLIGHTLY TRUE (S) MAINLY TRUE (M) VERY TRUE (V)
Habit and Attachment	I have become addicted to my device.	F S M V
	I feel uneasy when I’m physically separated from my device.	F S M V
Attention and Cognition	I have difficulty focusing my attention.	F S M V
	I have difficulty remembering things without relying on my device.	F S M V
Physical	I have a sedentary lifestyle	F S M V
	My body isn’t physically fit.	F S M V
Personality and Emotions	I constantly feel angry or worked up about social or political topics.	F S M V
	I have become depressed or anxious.	F S M V
	I have developed body image issues.	F S M V
	I’m preoccupied with what my social media friends or followers think of me.	F S M V
Motivation	I have lost motivation or interest to do things in the real world.	F S M V
Passive Stimulation	I’m constantly seeking out trivial, silly, or entertaining things through my device.	F S M V
Addictive Content	I have become addicted to porn, video games, or graphic material.	F S M V
Social Life and Relationships	I feel I have to be constantly online in case my friends try to message me.	F S M V
	I feel isolated in the real (offline) world.	F S M V
	Problems have developed in my marriage, family, or other relationships.	F S M V
Ideology	I feel my values and beliefs are being manipulated by digital platforms.	F S M V
Monetization	I feel my buying behavior is being manipulated by digital platforms.	F S M V
Spirituality	My faith in God or my spiritual practice has gotten weaker.	F S M V
Time	I spend too much time each day living through a screen or digital environment.	F S M V
Environment	I have little contact with nature.	F S M V
	Devices have become too dominant inside my home.	F S M V
Other Concerns?		

PERSONAL REFLECTIONS