**Cell Phone Use Reflection**

**Planning 10**

**Mz. Hope**

**(adapted from *Rising Cellphone Use Hurts Young People*, Times Colonist)**

1. How many hours a day do you think you spend on the internet? Attempt to add it up:
2. How many minutes is for texting?
3. How many minutes is for emailing?
4. How many for Facebook or other social media?
5. How many for general surfing?
6. Can you isolate any negative consequences that result from overuse or over reliance on your phone?
7. Have you ever continued the use of your phone, even though you will have to accept the negative consequences? Give examples.
8. Do you ever experience strong cravings to engage in phone or internet use? Do you ever neglect other activities or obligations in order to meet that craving?
9. Do you ever experience withdrawal if you attempt to not use your phone/internet? What are the symptoms?
10. Have you expressed to others or yourself the desire to cut back on the internet activity?