

Are You a Technology Addict?

Do you:

- _____ 1. Take your phone to bed with you?
- _____ 2. Focus on electronic devices more than the people around you?
- _____ 3. Check email or texts while driving?
- _____ 4. Check email or phone buzzer while in conversations with others?
- _____ 5. Peek at your phone or tablets and computers during dinner with family members or friends?
- _____ 6. Keep eyes and hands glued to your cell phone when walking to meetings?
- _____ 7. Leave buzzing/vibrating cell phones on table with others present?
- _____ 8. Have two or more devices nearby at all times?
- _____ 9. Use the mute button to allow for multi-tasking?
- _____ 10. Feel anxious when disconnected and/or have to turn off your phone in movies, on the golf course and/or on a flight?

The more items you checked, the greater your addiction. Be intentional about “unplugging” for periods of time every day.

For additional information about Innolect services, products and resources contact:

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