



# ARE YOU A SCREEN ADDICT?

## TAKE THE QUIZ

**A note from David Murrow:** This quiz is designed to help you evaluate your relationship with screens. As I researched and wrote my book I jotted down some of the best questions I found and created this 60-statement quiz. It takes about 10 minutes to complete and score.

Here are your instructions:

1. Read each statement carefully.
2. If you strongly disagree with the statement, place a 1 in the left column. If you strongly agree place a 5 in the right column, and so forth.

Here are three sample statements to show you how to answer:

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
		1 point	2 points	3 points	4 points	5 points
S1	Sample 1: Cows can fly	1				
S2	Sample 2: Bananas are delicious				4	
S3	Sample 3: I am a good singer			3		

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
		1 point	2 points	3 points	4 points	5 points
1	I often derive more pleasure from screen life than real life					
2	I can lose myself for long periods of time when using screens					
3	I have binge watched an entire season of a TV series in a single sitting					
4	I sometimes seek out sexy images that are not porn (models, hunks, etc.)					
5	My school or job performance has suffered due to my screen time					
6	I sometimes don't get things done because I've spent my free time on screens					
7	My screen use may have caused me to miss opportunities in real life					
8	I feel like I don't have time to achieve goals in real life					
9	I frequently say, "Just one more minute" when asked to turn away from a screen					
10	I interact with people online more than I do in real life					
11	If I see a notification on my phone, I feel compelled to check it immediately					
12	I sleep with a wireless device in bed or under my pillow					
13	I leave my phone near my bed, and it buzzes with notifications all night.					
14	If I have a few free moments, I often pick up my phone to kill time					
15	I've tried to cut back on my screen use without success					
16	I sometimes watch TV, surf the web or play video games past my desired bedtime					
17	Whenever I see or do something interesting, I feel compelled to take a picture and share it on social media					
18	I find it harder to concentrate and am more easily distracted than I used to be					

19	I use my phone even when I know I shouldn't (at the movies, during a meeting, while driving, etc.)					
20	I rarely sit and just look around.					
21	I've peed in a cup or bottle rather than stop gaming.					
22	Screen activities (TV, games and web) are my primary source of entertainment and relaxation					
23	I spend more time with my online friends than my real-life ones					
24	The urge to check my phone, tablet or laptop interrupts my concentration while I'm working					
25	I've sexted a naked photo of my body to someone else in the past couple years					
26	I leave snarky or combative comments on social media or comment sections					
27	When I encounter an opinion online that I find absurd or dangerous, I feel the need to respond forcefully.					
28	I feel annoyed when people interrupt my screen time					
29	When I first turn my eyes onto my screen, I feel a gentle rush of pleasure or relief					
30	I get into heated arguments online					
31	I feel like the people I see on social media have a better life than I do					
32	I feel anxious when I don't have my mobile device with me					
33	I leave comments on news articles, particularly those that make me angry or upset					
34	When I can't check social media, I fear missing out on what's going on.					
35	If I haven't checked my phone for a while, I feel anxiety					
36	I get upset when I misplace my mobile device					
37	I feel freer to fight with people online or call them names than I would if they were standing in front of me					

38	I check my mobile device within 10 minutes of waking up.					
39	I watch TV (live or streaming) or surf the web every evening after work or school					
40	I sometimes feel jealous of influencers and stars I see on my screens.					
41	If I'm awake, the TV is usually on in the house					
42	I often spend more time in front of my screen than I had intended.					
43	I've stayed up all night doing something on screen at least once in the past year					
44	I'm more comfortable with the TV on in the house. I dislike silence.					
45	I watch at least an hour of TV (broadcast, cable or streamed) or a full-length movie almost every day					
46	Friends and family have cautioned me about the amount of time I spend in front of my phone, tablet, laptop or TV					
47	I have "phubbed" someone in the past 2 weeks. (Looking at my phone instead of the person in front of me).					
48	Members of the other political party are severely misguided – and some are downright evil.					
50	It's a lot easier to spend time on my device than to hang out with friends.					
51	I like to check my device frequently when I am out with friends.					
58	I find it easier to communicate via screen (text or direct message) than via telephone or face-to-face					
53	I often feel close to the characters I see on TV, movies or online — like we'd be friends in real life.					
54	I prefer messaging to talking, even if that person is sitting next to me					
55	I have ended a relationship via text					
56	I post a lot of political articles on social media, in hopes of influencing my friends.					
57	I frequently "unfriend" or delete people who post things I disagree with.					

58	I regularly plan outings with friends via screen – without speaking to them					
59	I’ve used a dating app for fun – not necessarily to meet someone					
60	I worry more about the state of the world than I used to because of what I see on the news and read online.					

## OK, LET’S SEE HOW YOU DID...

In *Drowning in Screen Time*, I tell the parable of the four brothers. There’s:

1. Moderate Mike, who uses screens in moderation and with noble intent
2. Excessive Eddie, who *overuses* screens
3. Dishonorable Dan, who *misuses* screens for unhealthy purposes
4. Addicted Albert, whose screen use dominates his life

### SCORING METHOD 1:

Total each column, and then add the columns together for a grand total:

Score	Result
0-120	Moderate Mike
120 – 150	Trending Eddie or Dan
150 – 200	Definitely Eddie or Dan
Over 200	Addicted Albert

### SCORING METHOD 2:

Simply look back at the form and tally up the number of 4s and 5s you have. If there are more 4s and 5s than 1s, 2s and 3s, you are probably too involved with your screens.

## CAN I HELP?

David Murrow speaks to a variety of organizations including businesses, schools, churches and others that want to reclaim real life. To reach out to David, drop him an email message:

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P.S. Once you send me the e-mail, put down your screen and get back to real life!