

## How to Check Internet Usage

The following questions can help us in evaluating our online use :

- Do I check the phone first thing after waking up in the morning?
- Do I check my phone frequently throughout the day?
- Do I have a hard time unplugging at night?
- Do I look at the phone while in conversation with friends or family?
- Do I pick up the phone whenever I am bored?
- When offline, am I preoccupied with getting back online?
- Do I forget to do my work or other household tasks because I have been on the internet?
- Have I lost all interest in the activities I used to enjoy and spend a lot of time online?
- Are my online activities stopping me from spending time with friends and family?
- Do I prefer being online than being around real, live friends and family?
- Do I seek new friendships with people met on the Web?
- Does the number of friends, likes and views on social media affect me?
- Is my academic/workplace performance getting affected?
- Is my learning something related to my goals in life through my online activities?
- Is my online time contributing to my assignments, career goals, and entertainment?
- Is my online time contributing to my hobbies or special interests?

Answers to these questions can help us determine if we are getting too absorbed with internet enabled digital devices and if they are affecting our normal activities, relationships, life and career goals and we need to regulate our online time and activities. Discussion and negotiation with others do help us in identifying if the quantum of use is excessive. But over a period of time, increasingly excessive use of digital technologies can lead to addiction.