

What Kind of Relationship Do You Have With Your Smartphone?



TAKE THE QUIZ TO FIND OUT.

First thing in the morning, you:

- A. Check my phone before I even get out of bed.
- B. Grab breakfast, then check my phone.
- C. Stretch, get ready, and wait at least 30 minutes before checking my phone.

At meals with friends or family, your phone is:

- A. On the table, just in case I get a notification.
- B. In my pocket or bag, but I'll check it if someone messages me.
- C. Put away and out of sight—it's our time to connect!

When you post something online, your main goal is to:

- A. Get as many likes and comments as possible.
- B. Share something important or fun with friends.
- C. Save a memory or express myself—I don't care about reactions.

If you lose your phone for a day, you:

- A. Feel completely lost and anxious.
- B. Miss it but find ways to cope.
- C. Use the time to disconnect and enjoy the break.

How often do you check your notifications?

- A. Constantly—I hate not knowing what's happening.
- B. Every so often—I like staying up to date.
- C. I have notifications turned off for most apps and check only when I want to.

How often do you check your phone within the first hour of waking up?

- A. Multiple times—I can't help it.
- B. Once or twice, but only if I need to.
- C. Hardly ever—I focus on starting my day first.

When someone is talking to you, you:

- A. Multitask—I'll listen but also glance at my phone.
- B. Put my phone down if the conversation seems important.
- C. Always give them my full attention—phone stays away.

How do you feel when a post doesn't get many likes or reactions?

- A. Upset—I wonder what I did wrong.
- B. Slightly disappointed but not too bothered.
- C. Unbothered—it's not about the likes for me.

How do you feel when your phone battery is low?

- A. Panicked! What if I miss something?
- B. Annoyed, but I'll manage.
- C. It's no big deal—I can go without it for a while.

Before bed, you:

- A. Scroll until I'm tired and fall asleep with my phone beside me.
- B. Spend a few minutes scrolling, then plug my phone in across the room.
- C. Wind down without my phone and put it in another room or on Do Not Disturb.

When you're waiting in line or sitting alone, you:

- A. Automatically scroll through my phone.
- B. Sometimes check my phone, sometimes people-watch.
- C. Hardly ever check my phone—I like soaking in the moment.

Do you feel like your phone distracts you from important tasks?

- A. All the time—it's hard to focus.
- B. Sometimes, but I'm working on it.
- C. Rarely—I've got good boundaries.

When your screen time report pops up, you:

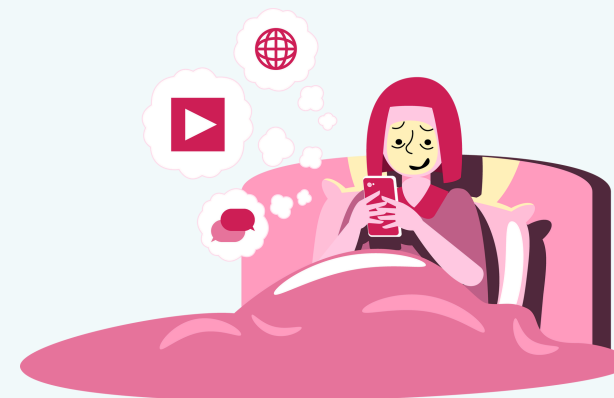
- A. Ignore it—I don't want to know.
- B. Look at it and feel like I could cut down a little.
- C. Feel proud of keeping it balanced.

When you check your phone after a break, you feel:

- A. Overwhelmed by all the notifications.
- B. A little stressed but able to catch up quickly.
- C. Calm and in control—it's on my terms.

During class, meetings, or movies, your phone is:

- A. In my hand or on my lap—I check it if it vibrates.
- B. In my bag, but I'll sneak a quick look if I'm bored.
- C. Silent and tucked away—I'm focused on what's happening.



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Mostly A's:

Your Phone Controls You

Your phone is running the show! It might be time to set some boundaries so you can enjoy life without constant screen time. Try small changes like phone-free meals or setting app limits.

Mostly B's:

You're Balancing It

You're doing okay, but there's room to improve your phone habits. Focus on being more present and intentional with your screen time. You've got this!

Mostly C's:

You're in Control

Way to go! You have a healthy relationship with your phone. Keep it up, and maybe share your tips with friends who could use a little help.