

Busting OUT!?

Name: _____

Extra-credit write-up & media reflection on a week w/o a smartphone + social media...

For Starters, a few quick questions about your phone use PRIOR to this past week:

1. How old were you when you got your first phone? _____ How many phones have you had thus far? _____
2. How many hours of the day do you typically have the phone **within arms-reach**? _____
3. How **much time (overall)** do you typically spend per day using your phone for various activities? _____
4. Approximately how many times do you **typically check your phone every day**? _____
5. Approximately how many **calls (including Facetime/Zoom/VC)** do you make _____ and receive _____ with your phone per day?
6. Approximately how many **text-messages do** you send _____ and receive _____ per day?
7. What different **sites or apps** do you tend to look at and for **how long**? _____
8. Do you **listen to music** on your phone? If so, what types and when?
9. Do you watch **video clips**? If so, what types? What length of clips?
10. Do you **sleep** with your phone on? _____
11. Approximately **when (at what time)** do you begin using it each day? _____
12. Approximately how much does your **phone cost** (phone+service) per year? _____
13. Approximately how many times do you **speak or text** with your **parents** per day? _____
14. How many times per week do you **Facetime** (Zoom or other video call) with **parents**? _____
15. **Who else** do you speak to, Facetime, or text on a regular basis and how many times do you speak or text with them (on average)? _____
16. Have you ever gotten into an **accident** (car, bike, otherwise) while being on the phone? If so, how many and what type? _____

Breaking through...reflection/analysis after receiving your phone back?

- A. Most broadly, how did not having a cell phone for a week alter or change or shift how you lived your life? Explain.
- B. How did you feel upon getting your phone back (after a week w/o it)?
- C. What types of things did you do **immediately** (first 2 hours), and then, w/in the first 24 hours after getting your phone back?
- D. **Friends/Relations.** Did not having a phone for a week have an impact any interactions with friends and relatives? How so? Explain.
- E. Did not having a phone impact your communication/interactions with other people (not friends/relations) in any way?
- F. **Time/Scheduling.** Did it change how you scheduled and/or managed your time? Did it change or alter how you think about time itself?
- G. **Activities/Events/Habits.** Did not having a cell phone change what you did--or didn't do--with your time during the week (activities, events, habits, rituals, etc.)? Did it alter how you approached or attended these activities, events, etc.? Is there anything that you gave up, changed, rearranged or did not attend to without your phone? How did forest bathing or other exercise work for you?
- H. **How did it make you feel to not have a phone or using social media during the past week?** What types of things did you miss (or not miss) about your cell? How could you tell? What were the symptoms? How long did it take before you started missing your cell phone? Describe.
- I. Did not having a phone impact your **perceptions** in any way? About yourself, others, different places or events?
- J. **Other media.** Did not having a phone shift any or your other media or communication habits? Did you turn to different types of media forms?
- K. Did you **cheat** or engage in any "**work-arounds**" with telecommunications during the week? That is, did you use another phone, device(s), or check your messages from other sources? Explain.
- L. One of the tell-tale signs of a medical addiction are the **number, types, and severity** of **withdrawal symptoms** a person faces when a stimulus is taken away from them. Often, withdrawals are not only physical, but mental and behavioral. Did you feel or face any types of withdrawals not having your cell phone for a week? **Are you addicted to your devices?** Explain.
- M. **What are your plans from here forward** about your phone, device, and social media use? Do you plan to make any changes or shifts based on your experiences?