



Who's in the Driver's Seat— Me or My Phone?

A SELF-EVALUATION FOR PARENTS



Do I feel distracted by my phone when spending time with my kids?	Often	Sometimes	Never
Is my child or teen's behavior more problematic when I'm on my phone?	Often	Sometimes	Never
Would I rather be on my device than interacting with my partner or kids?	Often	Sometimes	Never
Is my phone within arm's reach when I sleep at night?	Often	Sometimes	Never
Do I pick my phone up first thing in the morning or is it the last thing I look at before I go to sleep at night?	Often	Sometimes	Never
Do I lose sleep or delay my bedtime to spend time on a device?	Often	Sometimes	Never
Does my device distract me from meaningful conversation with my partner or kids?	Often	Sometimes	Never
Am I modeling the kind of tech habits I want my kids to have when they are older?	Often	Sometimes	Never
Do my kids or partner tell me that I look at my phone a lot?	Often	Sometimes	Never
Do I set out to complete a task at home or at work and get distracted by my device?	Often	Sometimes	Never
Do I put off things I should be doing to look on my phone instead?	Often	Sometimes	Never
Am I happy with how much time I spend on my device?	No	Yes	



Need some help?

Our course [Creating a Tech-Healthy Family](#) was made for you!

