

12 Signs of Screen Over-Dependence



If answer is yes to 3 or more, consider taking action.

- 1 Screens interfere with daily responsibilities
- 2 Not engaging in much physical activity
- 3 High anxiety when phone is lost or forgotten
- 4 Confusion about what's real and what's not
- 5 Preferring screen time over real life activities
- 6 Greater difficulty handling social situations
- 7 Regular irritability and a tendency to overreact
- 8 Getting defensive when confronted about screen use
- 9 Non-restorative sleep or sleep disturbances
- 10 Unable to focus or sit still for long; can't handle being bored
- 11 Low frustration tolerance and poor self-regulation
- 12 Poor academic performance and follow-through

