Gage your Internet Activity: Signs You Spend Too Much Time on the Internet

Circle ONE   **STATEMENT   (BeTRUTHFUL with yourself.)**

T   F   You've started to hear GChat pings when you're nowhere near a computer.

T   F   You've become very territorial about your computer.

T   F   You feel compelled to go online at inappropriate times.

T   F   It's been months since you've had a conversation about something you didn't find online.

T   F   Instead of using your face to convey an emotion, you wish aloud you could use a reaction GIF.

T   F   You've sent a Facebook message to someone in the same room.

T   F   You get nervous if you're going somewhere without Wi-Fi.

T   F   You feel an overwhelming sense of relief when you leave a Wi-Fi dead zone.

T   F   You spontaneously burst into laughter, explaining, "Sorry, that just reminded me of this video I saw."

T   F   You've started referencing memes as if they're universal common knowledge.

T   F   The first thing you do when planning a trip is research the Wi-Fi situation.

T   F   You've lost days staring at your laptop.

T   F   Checking your phone for updates has become a compulsion.

T   F   Your worst fear is a black screen and a lost charger.