



HARMS OF THE SMARTPHONE

1

SIGNS OF ADDICTION

**You instinctively reach for
your phone the moment
you're alone or bored.**



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HARMS OF THE SMARTPHONE

2

SIGNS OF ADDICTION

**You feel uneasy & anxious
without your smartphone
even if it is for a short
period of time.**



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HARMS OF THE SMARTPHONE

3

SIGNS OF ADDICTION

You are quick to respond to tweets or messages and check notifications regardless of the activity you are engaged in.



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HARMS OF THE SMARTPHONE

4

SIGNS OF ADDICTION

The first thing you do after getting up, and the last thing you do before going to sleep, is check your smartphone.



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HARMS OF THE SMARTPHONE

5

SIGNS OF ADDICTION

**You feel anxious, upset or
short-tempered when you
can't get to your phone.**



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HARMS OF THE SMARTPHONE

6

SIGNS OF ADDICTION

**Phone usage has caused
interference with your
job performance, work,
or relationships.**



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HARMS OF THE SMARTPHONE

7

SIGNS OF ADDICTION

**You cannot keep track of
time and frequently miss
deadlines because of
spending time on your
phone.**



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HARMS OF THE SMARTPHONE

8

SIGNS OF ADDICTION

**Your phone is switched
on even at night and kept
under the pillow or next
to the bedside.**



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HARMS OF THE SMARTPHONE

9

SIGNS OF ADDICTION

**You start feeling your
phone vibrating in your
pocket just to find out
it was a false alarm.**



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HARMS OF THE SMARTPHONE

10

SIGNS OF ADDICTION

**You prefer texting or
emailing people rather
than meeting them
personally.**

