

SIGNS OF ADDICTION

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













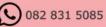


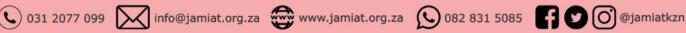
SIGNS OF ADDICTION

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











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SIGNS OF ADDICTION

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

















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.











5

SIGNS OF ADDICTION

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















6

SIGNS OF ADDICTION

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













SIGNS OF ADDICTION

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













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SIGNS OF ADDICTION

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













SIGNS OF ADDICTION

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













SIGNS OF ADDICTION

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











