

Before we begin

There are no right answers, just your honest take on your scrolling.

THINKING ABOUT THE LAST WEEK

Tick one answer for each

	Never	Rarely	Sometimes	Often	Always
I notice the urge to pick up my phone.	☐	☐	☐	☐	☐
I pick up my phone without thinking about it.	☐	☐	☐	☐	☐
I end up scrolling for longer than I meant to.	☐	☐	☐	☐	☐
I notice what I'm feeling when I reach for my phone (bored, anxious, tired...).	☐	☐	☐	☐	☐
When I catch myself scrolling on autopilot, I can choose to stop.	☐	☐	☐	☐	☐
Overall, I feel in control of how I spend time on my phone.	☐	☐	☐	☐	☐

IN YOUR OWN WORDS

You pick up your phone “just to check something”. What usually happens next?

If you could change one thing about how you use your phone, what would it be?

Out of every 10 pickups, how many are on purpose? Have a guess, then circle one.

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5
 ☐ 6
 ☐ 7
 ☐ 8
 ☐ 9
 ☐ 10

Before you go

A few minutes to look back on today. Say it how you found it. Being honest is most useful to me.

ABOUT TODAY'S SESSION

Tick one answer for each

	Not at all	A little	Somewhat	Mostly	Totally
I get what Scroll, Loop, Notice, Choose means and how to use it.	☐	☐	☐	☐	☐
I plan to try it this week.	☐	☐	☐	☐	☐
Today made me feel differently about social media.	☐	☐	☐	☐	☐
I'd tell a friend or my family about what we did today.	☐	☐	☐	☐	☐

IN YOUR OWN WORDS

What's the one thing that stuck with you today?

Anything confusing, boring or missing? Genuinely useful, so don't be shy.

Describe today in three words.

Anything else you want to share?

☐

Please tick if you're happy for me to share your comments anonymously.