



Social Media: Benefit or Curse?

Self-Assessment:

1. Salience: Is your social media use deeply integrated into your daily life?
2. Euphoria: Do you depend on social media use for excitement throughout the day?
3. Tolerance: Do you need to spend more time to get a “buzz” from social media?
4. Withdrawal symptoms: Do you get nervous when you are not on social media?
5. Conflict: Does your use of social media cause you trouble?
6. Relapse: Have you tried to cut-back on your use of social media but failed?

Answering ‘yes’ to 3 or more of these questions, suggests that you might need to assess your social media usage.

Roberts, Ph.D., J. (2016, October 20). Are You Addicted To Social Media? Expert Offers Six Questions to Ask Yourself. Retrieved from http://www.baylor.edu/mediacommunications/news.php?action=story&story=174059&_buref=1172-91940

Internet addiction test: <http://netaddiction.com/internet-addiction-test/>

Resources:

12 signs of social media addiction: <http://www.telegraph.co.uk/technology/0/12-signs-addicted-social-media/>

Internet Addiction Recovery:

<http://netaddiction.com/>

<http://netaddiction.com/article-list/>

<http://adventistrecoveryglobal.org/>

“There is a time for everything, and a season for every activity under the heavens.”

Ecclesiastes 3:1 (NIV)

