

Your Smartphone Addiction Report ■

High Addiction Risk

Based on your responses, we've analyzed your smartphone usage patterns.

What This Means: Your relationship with your smartphone appears to be problematic. Your usage patterns suggest a severe addiction that is likely impacting your well-being significantly.

Recommendations:

- Establish clear time limits for smartphone usage each day.
- Practice mindfulness techniques when you feel the urge to check your phone unnecessarily.
- Set up accountability with friends or family to help maintain healthier smartphone habits.
- Try a longer digital detox period (3-7 days) with a trusted friend or family member's support.
- Seek professional help if your smartphone usage is significantly affecting your daily life.

This report is auto-generated by our system.