How often do you check your phone in a day?

Friend: About 20 times a day.

What's your favorite app, and why?

Friend: Instagram, I love sharing photos.

Do you set screen time limits on your devices?

Friend: Yes, I limit it to 2 hours a day.

Do you use your phone as an alarm clock?

Friend: No, I have a separate alarm clock.

How often do you update your smartphone or software?

Friend: I update my apps weekly, phone software when needed.

Are you part of any group chats or messaging apps?

Friend: Yes, I use WhatsApp and have several group chats.

Do you watch a lot of videos on your gadgets?

Friend: Yes, I watch videos daily, mostly on YouTube.

Do you bring your phone to the dining table?

Friend: No, I keep it away during meals to focus on food and company.