

## Dissociation Questions

Was there a time that you realized you were mindlessly scrolling through Chirp or hadn't paid attention to your surroundings for several minutes?

- What was that experience like?
- What brought you back to the present moment?
- Did this realization impact your relationship with Chirp? How so?

Has there been a time that you realized you were mindlessly scrolling a different social media platform? Tell me more about that.

- How does this compare to your experience using Chirp?

Were there any design features that particularly helped you recognize when you were not spending your time on the app the way you wanted to? What were they?