

# Affinity Diagram

The diagram organizes personal life issues that are a result of unnecessary and prolonging of scrolling on your phone

<b><u>Causes</u></b> <ul style="list-style-type: none"><li>• <b><u>Boredom</u></b></li><li>• <b><u>Bad habits</u></b></li><li>• <b><u>Distractions</u></b></li><li>• <b><u>“Stress” relief</u></b></li></ul>	<b><u>Solutions</u></b> <ul style="list-style-type: none"><li>• <b>App blocker that locks social media</b></li><li>• <b>Setting app usage time limits</b></li><li>• <b>Accountability partner</b></li></ul>
<b><u>Effects</u></b> <ul style="list-style-type: none"><li>• <b>Lost productivity</b></li><li>• <b>Less sleep</b></li><li>• <b>Increased anxiety</b></li><li>• <b>More stress</b></li><li>• <b>Procrastination</b></li></ul>	<b><u>Motivation to Change</u></b> <ul style="list-style-type: none"><li>• <b>Better focus</b></li><li>• <b>More free time</b></li><li>• <b>Improved sleep</b></li><li>• <b>Feeling accomplished</b></li></ul>