Don’t

Check

Check

Don’t

Check

Check

Don’t

Check

Check

Don’t

Check

No

Yes

Is checking hazardous?

(am I driving, walking, etc.)

Yes

No

No

Yes

Will checking be rude to those around me?

No

Yes

Am I alone?

Will checking disturb me?

No

Yes

No

Yes

Am I at school?

Am I expecting a job offer?

< 5min. ago

> 5min. ago

When did I last check?

Should I check my email?