Distractions

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Date | Internet | Social Media | Digital Interaction | Something Happening | Someone in real life | Other |
| 01/02/2022 | 0 | 0 | 2 | 1 | 3 | 0 |
| 01/03/2022 | 0 | 0 | 2 | 1 | 3 | 1 |
| 01/04/2022 | 0 | 1 | 2 | 2 | 2 | 1 |

Worries

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Patterns | Money | Work/Study | The World | Friends | Family | Myself | Other |
| Won’t Happen | 1 | 0 | 0 | 0 | 0 | 0 | 0 |
| out of my control | 0 | 1 | 1 | 0 | 0 | 0 | 0 |
| Isn’t my responsibility | 0 | 0 | 1 | 1 | 1 | 0 | 0 |
| In my control and I can do something about it | 1 | 1 | 0 | 0 | 0 | 1 | 0 |

Camera Roll

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Photo | Home | Work | Social Setting | Outdoors | School | Car | Other |
| Selfie | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Group/others | 10 | 0 | 0 | 0 | 0 | 0 | 0 |
| Landscape | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Still life | 4 | 2 | 0 | 0 | 0 | 0 | 0 |
| Documentation | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| screenshot | 1 | 0 | 1 | 1 | 0 | 0 | 0 |