



Are You Addicted to Social Media? Take This 2-minute Self-check



Social media was designed to connect us, but in reality, it's often rewiring our brains for dopamine hits, constant validation, and micro-rewards. This quiz uses key indicators from behavioral psychology and digital addiction research to help you check whether your relationship with social media is healthy, or heading toward dependency.

1. When you wake up, what's the first thing you reach for?

- A. My phone — I just “check quickly.”
- B. Coffee or water — I glance at my phone after.
- C. My phone stays untouched until I start my day.

2. How often do you check social media without a clear reason?

- A. Constantly — it's muscle memory.
- B. A few times a day.
- C. Only when I intend to (posting, reading updates, etc.).

3. Do you feel anxious, restless, or a little low when you can't access your accounts (no Wi-Fi, low battery, etc.)?

- A. Yes — I get genuine FOMO or irritability.
- B. Sometimes, but I can distract myself.
- C. Not really — I enjoy the break.

4. How often do you lose track of time scrolling?

- A. All the time — “five minutes” becomes an hour.
- B. Occasionally.
- C. Rarely — I'm aware when I've had enough.



5. Do likes, comments, or views affect your mood?

- A. Definitely — they can make or break my day.
- B. A little — I like engagement, but it's not everything.
- C. Not at all — I post for expression, not validation.

6. Have you ever deleted and reinstalled an app because you “needed a break,” only to come back soon after?

- A. More than once.
- B. Maybe once or twice.
- C. Never.

7. How often do you compare your life or looks to what you see online?

- A. Frequently — I can't help it.
- B. Sometimes.
- C. Rarely — I know most of it's curated.



WhatsApp





8. Do you ever multitask social media with other things (work, meals, TV, even conversations)?

- A. Constantly – it's background noise.
- B. Sometimes.
- C. I avoid it – it feels distracting.



9. When you post something, how often do you check back to see reactions or analytics?

- A. Every few minutes until I'm satisfied.
- B. Once or twice, then I move on.
- C. I post and forget.

10. If you were asked to stay off all social media for 72 hours, how would you feel?

- A. Panicked – I'd miss out, feel disconnected, or bored.
- B. A bit uneasy, but doable.
- C. Totally fine – maybe even relieved.

Scoring

- Mostly A's: You're showing signs of social media dependency. Your brain's reward system (dopamine loop) may be reinforcing compulsive checking behavior. Consider digital detox strategies, screen-time boundaries, or guided support.
- Mostly B's: You're in the moderate use zone. Awareness is key – try mindful scrolling, setting intentional time limits, or using "dopamine fasting" techniques.
- Mostly C's: You have a healthy relationship with social media. You're using it consciously and keeping it in perspective.



A Quick Mind Hack

Next time you feel the urge to scroll, pause for 10 seconds and ask:

“What am I really looking for – connection, distraction, or validation?”

Naming the need helps rewire your reward system and rebuild control.

If your SM use feels hard to control, affects your mood, sleep, focus, or relationships, it may be time to talk to a counsellor or mental health professional. Social media addiction is real – and help works.