

10 Signs You Need a Digital Detox



1. Introduction

“Digital detox is not just about taking a break from technology. It’s a mindset shift.”
 — Colin Corby, *The Digital Detox Coach*

Have you ever been talking to someone when they’re constantly being distracted by their phone? I have. It happens all the time when I’m out with friends, you see it in the cafes and restaurants, and I’ve even found myself doing this without realising! It’s so easy to notice when other people are too attached to their screens, but it’s much harder to admit when we are.

If you’ve ever wondered whether your phone might be stealing more of your time and attention than you realise, take my **Digital Detox Self-Awareness Test** 📌

Digital Detox Self-Awareness Test

For each question, give yourself:

1 No, **2** Sometimes, and **3** Nearly always.

- 1 Do you feel a little anxious without your phone?
- 2 Do you reply to messages right away — even when you don’t need to?
- 3 Do you feel FOMO if you don’t check social media?
- 4 Do you check your phone first thing in the morning?
- 5 Do you use your phone late at night, even when you know it might affect your sleep?
- 6 When you’re with friends or family, do you still check your phone?
- 7 Do you check your phone during meals with other people?
- 8 Do you often pick up your phone to do one thing and end up doing everything else instead?
- 9 Do you reach for your phone when you’re bored?
- 10 Do you often lose track of time online?

✨ Your Results

Add up your score:

- **20+** Your phone may be dominating your attention. Time for a digital detox.
- **15–20** Some habits to rebalance.
- **<10** Your phone use appears balanced and sustainable. Well done.

Whatever your score why not join my free [The Digital Detox Guide](#) on Substack – every month I share 3 easy practical ways to build a healthier relationship with your tech and boost your wellbeing.

👉 I'd love to know how you get on?

About Colin Corby

Colin Corby is a **digital detox** expert, keynote speaker and coach, creator of **The Digital Detox Coach**, founder and CEO of **Technology Wellbeing Ltd** and an **international TEDx speaker**. He has also appeared on the BBC Wales X-Ray programme in 2022 and is a regular podcast guest.

He loves to speak, coach, and give workshops on digital detox, digital wellbeing and human connection, as well as the mindset of a business endurance athlete.

Colin's mission is to help individuals and organisations rethink their relationship with technology for better wellbeing, focus, and balance. As a technologist and wellbeing advocate, Colin uniquely blends digital expertise with human psychology—helping people build habits that last.

As a technologist he closely follows the latest developments in AI and other technologies that have the potential to impact our health and wellbeing. He is a member of the Institution of Engineering and Technology (IET) and holds a Post Graduate Diploma in Technology Management and Bachelor of Science (Honours) in Mathematics.

- Web: www.thedigitaldetoxcoach.com
- YouTube channel: [@thedigitaldetoxcoach](#)
- Substack monthly blog [The Digital Detox Guide](#)

