

Unlock the Screen

SMARTPHONE ADDICTION

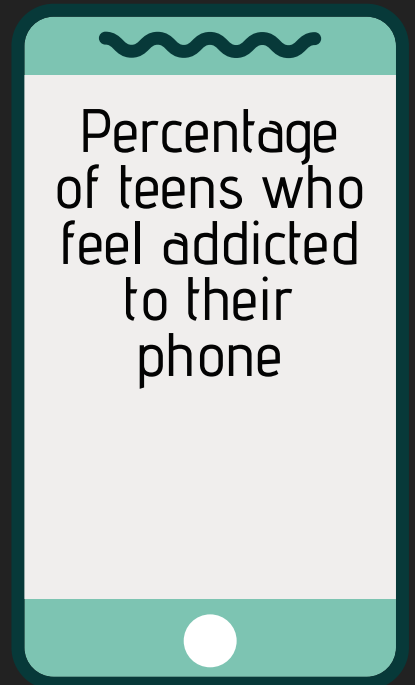
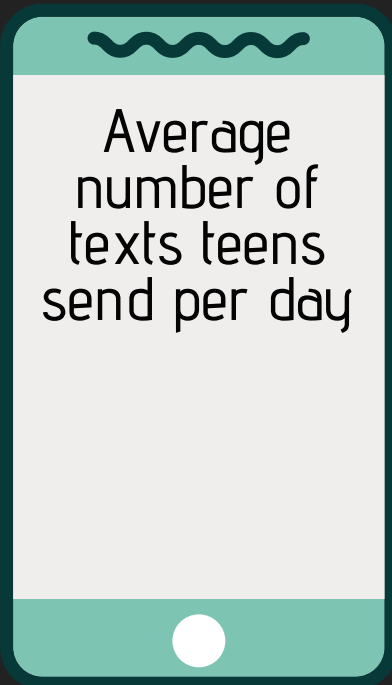
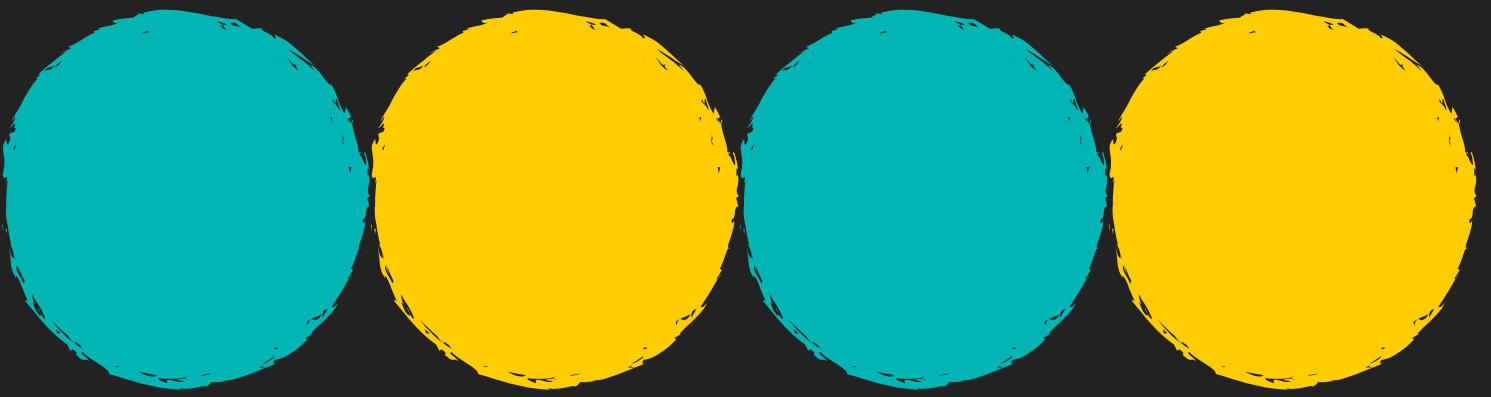


App makers and game developers want to get you _____ because they are selling your _____ to _____.



Each time you receive a _____, your brain floods with a chemical messenger called _____.

SIGNS THAT YOU MIGHT HAVE A PROBLEM



WHAT CAN YOU DO TO REGAIN CONTROL?



The real benefit of an activity comes in the first _____. If you are spending more than an _____ a day on your _____, think about other activities you could do with your time.