Technology Health Plan

This exercise is designed to assist you in developing a Technology Health Plan. The circle has been divided into four sections: Emotions, Thoughts, Behaviors, and Situations. It is important for you to know exactly which of your emotions, thoughts, behaviors and situations related to technology are unhealthy and which ones are healthy. This plan is designed to change and evolve over time as you learn more about yourself and effective technology management skills.

In the inner circle, or the “red zone,” list emotions, thoughts, behaviors and situations related to technology behaviors, which are **never** healthy for you. This may include items such as not using technology after 10:00pm or not looking at certain types of sexual images, etc.

The middle circle is the “yellow zone.” In the yellow zone you should list emotions, thoughts, behaviors, and situation related to technology about which can either lead you to your red zone or are **sometimes** healthy for you and sometimes unhealthy for you. Examples include using the computer when you are alone, and/or going online when you are angry, tired, lonely, etc.

The outer circle is your “green zone.” In this circle list thoughts, emotions, behaviors, and situations related to healthy technology use. Examples might include attending an online support meeting, connecting with an accountability, using technology at appropriate times and in appropriate places, etc.

**Technology Health Plan**

Thoughts

Emotions

Situations

Behaviors

**“Food for Thought”**

1. Which circle was the most difficult for you to complete?

2. How does the number of behaviors compare between your “green zone” versus your “red zone”?

3. What specific skills are you using to stay in your green zone?

4. What % of time do you spend in each zone?

5. Why would it be important for you to have the most behaviors in your “green zone”?

6.. How do you know when behaviors in your “yellow zone” are getting closer to fitting in your “red zone”? Or your “green zone”?

7. How can your Technology Health Plan assist you with using technology in a healthy way?

8. Do you think it would be helpful to share your Technology Health Plan with your partner, your family, your support network? Why or why not?

9. How often do you think you need to update your Technology Health Plan?

10. What issues might come up that would require you to revise your plan?