

Family Tech **R E S E T**

Ask: Does this tech help my...

01

RELATIONSHIPS & RESPONSIBILITIES

I am fully engaged with healthy relationships. My work, school, extra-curriculars & family time are not impeded by my tech use.

Daily life brings difficulties, and I am learning how to process emotions in relationship to God and others. I don't need this tech to feel okay. (Ephesians 4:26)

02

EMOTIONS

03

SLEEP

I keep all Drool Tech, including my phone and personal entertainment systems, out of my bedroom. My night's rest is not interrupted by from my tech.

I enjoy life to the fullest in all the areas God has uniquely made me. My tech use supports my greater goals and purposes.

04

ENJOYMENT

05

TIME

I set time limits on my Drool Tech and am able to stick to them. I use tech during assigned times and can walk away when it's over.

gospel reminder

“the fruit of
the Spirit is
love, joy,
peace,
patience,
kindness,
goodness,
faithfulness,
gentleness,
self-control;
against such
things there is
no law.

Galatians 5:22



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how to use the RESET

Read each question and give a “yes” or “no” answer. With each “yes” add +1 to your RESET score. A low RESET shows where tech is distracting you from your purpose.

Each family member can assess their RESET separately, then come together to discuss. The aim of this conversation is to make your tech use line up with your goals and potential.

Add your “YES” answers to find your RESET score.

____/5

**Score of 5 = healthy RESET
Score of 0-4 = areas to improve**



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