

# Questionnaire on Social Media

Each partner should fill out this questionnaire separately. There is no right answer or definitive scoring. This questionnaire is more of a self-examination exercise to encourage open and honest conversations. Partners should talk about their answers and what they uncover.

1. How often do you use social media platforms such as Instagram, TikTok, Facebook, or X (formally known as Twitter)?
  - a. Several times a day
  - b. Once a day
  - c. A few times a week
  - d. Rarely or never
2. How often has your partner asked you questions and you didn't respond because you were too busy looking at social media?
  - a. Often
  - b. Sometimes
  - c. Rarely
  - d. Never
3. Have you ever felt like your use of social media has interfered with your ability to communicate productively?
  - a. Yes, often
  - b. Yes, sometimes
  - c. Rarely
  - d. Never
4. When using social media, how often do you find yourself comparing your partner or relationship to others on social media?
  - a. Often
  - b. Sometimes
  - c. Rarely
  - d. Never
5. When using social media, how often do you find yourself feeling insecure, jealous, or angry about your partner's interactions with others on social media?
  - a. Often
  - b. Sometimes
  - c. Rarely
  - d. Never
6. How often do you feel tempted to engage or talk with someone you know your partner wouldn't approve of on social media?
  - a. Often
  - b. Sometimes
  - c. Rarely
  - d. Never
7. How often do you find yourself arguing with your partner about their social media use?
  - a. Often
  - b. Sometimes
  - c. Rarely
  - d. Never

8. Have you ever felt like your partner is hiding or withholding something from you in their social media interactions?
  - a. Yes, often
  - b. Yes, sometimes
  - c. Rarely
  - d. Never
9. How often do you feel like your partner is more invested in their social media relationships than in your relationship?
  - a. Often
  - b. Sometimes
  - c. Rarely
  - d. Never
10. Have you ever felt like your partner is spending too much time on social media and consequently not enough time with you?
  - a. Yes, often
  - b. Yes, sometimes
  - c. Rarely
  - d. Never
11. How often do you find yourself feeling unsatisfied, unfulfilled, or unsettled in your relationship due to social media use?
  - a. Often
  - b. Sometimes
  - c. Rarely
  - d. Never
12. How often do you feel like social media causes miscommunication, misunderstandings, or misinterpretations in your relationship?
  - a. Often
  - b. Sometimes
  - c. Rarely
  - d. Never
13. How often do you feel like you or your partner's social media use has negatively impacted your emotional or sexual intimacy?
  - a. Often
  - b. Sometimes
  - c. Rarely
  - d. Never
14. Have you ever felt like your partner's social media use has caused you to question the honesty in your relationship?
  - a. Yes, often
  - b. Yes, sometimes
  - c. Rarely
  - d. Never
15. How often do you feel like your partner's social media use has made you feel less valued in your relationship?
  - a. Often
  - b. Sometimes
  - c. Rarely
  - d. Never

