“Am I a BlackBerry Abuser?”

In this chapter, we will walk you through Step 5 of overcoming your BlackBerry addiction: analyzing the user quiz we will take in this chapter and admitting to our specific BlackBerry abuses.

Step 5: Admit to Our Specific BlackBerry Abuses. We will take the Addiction quiz and confess to our specific list of BlackBerry abuses. Then, we will share this confession with the universe, ourselves, and another human.

In other words, we use Step 5 to admit to ourselves and others that we have been, and are, BlackBerry abusers.
Up until this point in the book, we have examined our behavior and shared stories that maybe made us laugh. Some of the stories and anecdotes might have struck a chord, while others might have struck a little too close to home. Chances are, you would not be reading this book unless, in some way, you or someone you love thought you might in fact be a BlackBerry over-user or abuser.

While there is no hard and fast empirical method to determine who is a BlackBerry abuser, there are some ways that we can begin to diagnose our behavior and help us learn whether we are in the at-risk group for BlackBerry abuse.

“\textit{I have one friend who does not have a ‘Berry. I offered to buy him one just so it would make my life easier if he had one.}”

\textit{Source: Chad, CrackBerry.com Member}

Certainly, one determining factor is the perception of others. How many times in a day does someone say to you, “Are you on that thing again?” Or, “Can you go five minutes without checking that?”

Do you take your BlackBerry to bed? When you wake up in the morning, do you first kiss your spouse first—or check your email? How long can you go without seeing whether you have new email?

Our guess is that your answers to the questions just asked will give you some indication as to whether you are in the at-risk group for being considered a BlackBerry abuser.

One of our goals with this book is to collect some empirical data or at least give users some true objective criteria for determining whether they are in need of BlackBerry rehab. On the following pages, you’ll find a BlackBerry Use and Abuse quiz. We would like you to take this quiz to help determine your BlackBerry abuse status. Remember, honest answers are needed; you aren’t showing this to anyone but yourself, right? So, what would it say about you if you lied on a test that was only meant for your own personal edification?”