

ELECTRONIC RE-ENGAGEMENT WORKSHEET

REFLECTION

If you can, find your initial self-assessment and **read through it** before beginning.

1. **What did you choose to fast from**, according to your self-assessment? List below.
2. Reflect on the past 40 days for a few minutes. **How do you feel about your fasting experience?** Are you feeling refreshed? Disappointed? Encouraged? Frustrated? Take stock of your feelings and write them below. Then take a moment to ask yourself why that feeling is coming up for you.
3. What the world looked like when we *began* the fast and what it looks like *now* are totally, unexpectedly and radically different. COVID-19 changed all of our lives very quickly. **How did the onset of the pandemic affect your fast experience?** Be gracious with yourself on this and write honestly.
4. Looking back at your original worksheet, what did you hope to gain from this experience?

5. What has this experience highlighted for you in your walk with Jesus? What have you learned about Him or about yourself?

RE-ENGAGING WITH ELECTRONICS

Identify your top 3-5 items you fasted from, ideally the ones that previously you used the most heavily and/or were the hardest to cut out. Look at each item independently to consider how (and if) you want to re-engage with this form of technology.

Item #1: _____	
Rate your experience with this tech item before the fast by placing an X on the following scales	
Time spent using item 1 - - - - - 10	
<i>(Healthy amount of time spent)</i>	<i>(Obsessive amount of time spent)</i>
Reasons for using item 1 - - - - - 10	
<i>(Generally healthy, Life-giving, Enjoyable)</i>	<i>(Mostly unhealthy, Anxiety-inducing, Unhappy)</i>
Do you want to re-engage with this technology item in the same way as before, or are there adjustments you want/need to make to your habits or practices? Describe below.	

Item #2: _____	
Rate your experience with this tech item before the fast by placing an X on the following scales	
Time spent using item 1-----10	
<i>(Healthy amount of time spent)</i>	<i>(Obsessive amount of time spent)</i>
Reasons for using item 1-----10	
<i>(Generally healthy, Life-giving, Enjoyable)</i>	<i>(Mostly unhealthy, Anxiety-inducing, Unhappy)</i>
Do you want to re-engage with this technology item in the same way as before, or are there adjustments you want/need to make to your habits or practices? Describe below.	

Item #3: _____	
Rate your experience with this tech item before the fast by placing an X on the following scales	
Time spent using item 1-----10	
<i>(Healthy amount of time spent)</i>	<i>(Obsessive amount of time spent)</i>
Reasons for using item 1-----10	
<i>(Generally healthy, Life-giving, Enjoyable)</i>	<i>(Mostly unhealthy, Anxiety-inducing, Unhappy)</i>

Do you want to re-engage with this technology item **in the same way** as before, or are there adjustments you want/need to make to your habits or practices? Describe below.

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Item #4: _____

Rate your experience with this tech item **before** the fast by placing an X on the following scales

Time spent using 1-----10
item

*(Healthy amount
of time spent)*

*(Obsessive amount of
time spent)*

Reasons for using 1-----10
item

*(Generally healthy,
Life-giving, Enjoyable)*

*(Mostly unhealthy,
Anxiety-inducing,
Unhappy)*

Do you want to re-engage with this technology item **in the same way** as before, or are there adjustments you want/need to make to your habits or practices? Describe below.

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Item #5: _____

Rate your experience with this tech item **before** the fast by placing an X on the following scales

Time spent using 1-----10
item

*(Healthy amount
of time spent)*

*(Obsessive amount of
time spent)*

Reasons for using 1 ----- 10 item
<i>(Generally healthy, Life-giving, Enjoyable)</i> <i>(Mostly unhealthy, Anxiety-inducing, Unhappy)</i>
Do you want to re-engage with this technology item in the same way as before, or are there adjustments you want/need to make to your habits or practices? Describe below.