

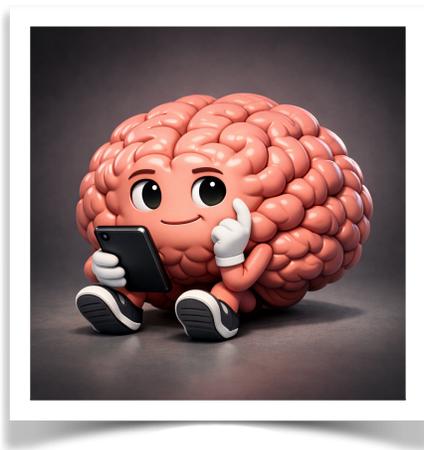
7 Day Phone Reset: A Simple Guide To

Understanding Phone Habits.

This reflection is not about demonizing your phone. It's about using phones more intentionally.

We can't change what we don't acknowledge, so a simple reflection is a great place to start.

Take your time and write as much or as little as you want.



1. Notice Your Phone Habits Without Judgment

Think about the past few days and what your days looked like. Most phone habits are pretty habitual and repetitive, so it should be easy to recognize most of your phone habits and phone psychology.

When do you most often reach for your phone *automatically*?

Waiting ____ In the bathroom ____

Feeling bored ____ In bed ____

Feeling stressed ____ Feeling lonely ____

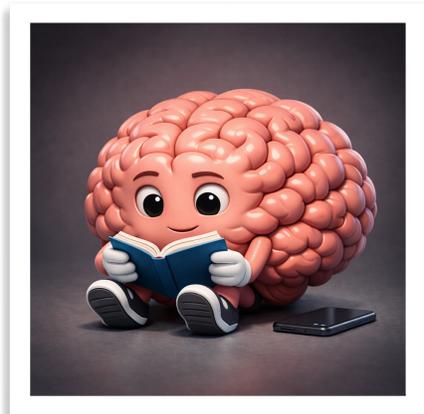
Avoidance ____ Dopamine! ____

Other: _____

Some recent moments I checked my phone automatically was:

Right before I picked up my phone, I was feeling:

Areas in which my phone brings *real* value to my life:



2. Identify Your “Scroll Zones” & “Anchors”

These are moments when your phone use doesn’t match your values. “Scroll Zones” are areas in which mindless phone use is the most vulnerable and predictable. “Anchors” are known as behaviors or environments where phone boundaries are easily and more intentionally implemented. This can include working with both hands, no phone in the bathroom, etc.

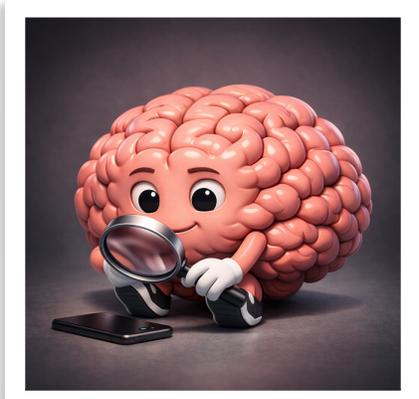
One situation where your phone use bothers you is:

(Example: before bed, during class, while studying, with friends/family, while I’m at work, etc.)

In that moment, what would I like to be doing instead?

What would I consider my “Scroll Zones?”

What are some “Anchors” I can implement?



3. Understanding The Pattern

Many phone habits follow a simple Pavlovian rhythm.

Cue. Action. Outcome. You might have noticed that I didn't use the word, "reward" but "outcome." Some of the most habitual phone habits that are more unintentional leave users more frustrated, anxious, depressed, and overstimulated.

Think about the average reach you give for your phone. Fill in the blanks:

Cue (what initiates): _____

Action (how I respond): _____

Outcome (what I receive): _____

A problem solved ____ Reassurance ____

Relief ____ Certainty ____

Connection ____ Procrastination ____

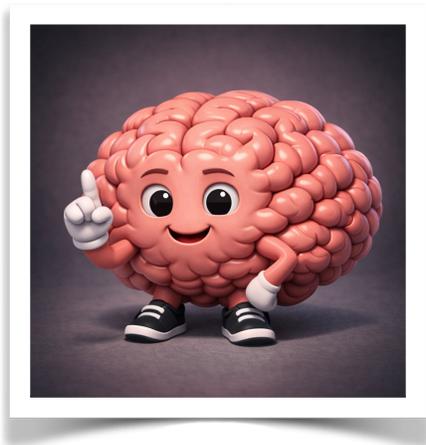
Entertainment ____ Validation ____

Other: _____

The most **intentional** uses: _____

The most **unintentional** uses: _____

Before the **unintentional** uses, what happened *right* before I reached? _____



4. Start With One Small Change

Big changes don't always stick,
but slowly compounding changes often do.
Make yours simple, and make it gratifying!

A. One Rule to Implement

Choose something specific and kind. If you're feeling particularly ambitious, feel free to choose two rules.

Examples:

- No phone during meals.
- No phone in bed.
- Phone stays off the desk while studying/reading/working.
- No non-human notifications.
- No screens before 8am and after 8pm.
- Put social media apps in an invisible folder.
- Scheduled email & text checks.
- Put the phone in a drawer for at least an hour.
- No social media for 7 days.

My rule:

B. One Replacement

When you find yourself wanting to reach for your phone for something unintentional, you can implement a replacement behavior. This replacement also doesn't have to occur EVERY time you want to reach for your phone. This is more about rewiring your nervous system for when you experience the desire to reach for your phone.

Examples:

- Take 3-5 slow belly breaths.
- Check your to-do list.
- Write down your experience/emotion.
- Put the phone in a drawer, not visible.
- Go for a short walk outside.
- Pick up that book you've been meaning to read.
- Ask, "What is it I *really* need/want right now?"
- Connect with a friend or family.

My replacement:



5. The 7-Day Experiment

This is not a phone fast or the part where you flush your phone down the toilet. It's just an experiment. For the next 7 days, implement your **one rule**. Use your one replacement. After the first week, you might upgrade to two replacements. And, just *notice* how you feel.

Something I'll pay more attention to:

Moments I caught myself wanting to reach:

What I learned about my phone habits:

Do I feel good about my rule today? Feel free to give detail.

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

And, remember!

The purpose of this experiment is simply to help you reflect and build healthier phone habits.

This is *not* about telling yourself that you lack self-control.

Your phone is simply doing what it was designed to do.

You get to decide the relationship you have with your phone.

Small, thoughtful, compounding changes can make daily life feel noticeably better.

Again, don't make the goal merely *less* phone usage. Aim for *intentional* phone usage.

If you enjoyed this exercise, contact Ryan on myphonehabits.com for a free consultation and to hear more about workshops, 1-on-1 coaching, and the Phone Habits e-book!