

Phone Reflections:

A Simple Guide to Recognize Phone Habits



Phones are not just tools anymore. For a lot of us, they have become companions. We reach for them to wake up, pass time, calm down, avoid discomfort, feel connected, and stay informed.

The convenience is real. But so is the trade-off. Constant access can also mean constant stimulation, split attention, less boredom, less stillness, and a mind that rarely gets to settle.

Before you change a phone habit, it helps to first see it clearly. This guide is about recognizing your patterns—not criticizing yourself—so you can start making more intentional choices.



To name a few...



- ✦ Shortened attention span
 - ✦ Dopamine dependence
 - ✦ Social comparison and self worth
 - ✦ Cultural normalization of overuse
 - ✦ Ambient anxiety
 - ✦ Emotional disconnection
 - ✦ Disconnection from nature
 - ✦ Sleep deprivation
 - ✦ Hours lost each day
 - ✦ Hyper stimulation
 - ✦ Lack of confidence
 - ✦ Using a phone while driving
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Before smartphones, the internet was mostly a place you went to. Now it travels with us. Messaging, scrolling, searching, shopping, entertainment, and comparison all live in our pocket. The convenience is real, but so is the cost. Constant access has made distraction, overstimulation, split attention, and availability feel normal. A lot of people are not weak or lazy. They are just living with a device that keeps pulling on their attention all day long.



*The best day to first recognize,
then optimize our phone habits was yesterday.*



The second best day is today.



This short score-based quiz is here to help you look more honestly at your relationship with your phone. If you are curious where it may be helping you—and where it may be quietly costing you—start here. The goal is not shame. The goal is awareness.

For each statement, rate yourself from 1 to 5:

1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always

Habit & Usage Patterns

- | | | | | | |
|--|---|---|---|---|---|
| 1. I check my phone immediately after waking up. | 1 | 2 | 3 | 4 | 5 |
| 2. I reach for my phone when I'm bored or restless. | 1 | 2 | 3 | 4 | 5 |
| 3. I spend more time on my phone than I intend to. | 1 | 2 | 3 | 4 | 5 |
| 4. I scroll on my phone while eating meals. | 1 | 2 | 3 | 4 | 5 |
| 5. I multitask with my phone during conversations or work. | 1 | 2 | 3 | 4 | 5 |
| 6. I bring my phone into the bathroom or shower area. | 1 | 2 | 3 | 4 | 5 |
| 7. I use my phone until right before falling asleep. | 1 | 2 | 3 | 4 | 5 |

Thoughts & Emotions

- | | | | | | |
|--|---|---|---|---|---|
| 8. I feel anxious when I don't have my phone nearby. | 1 | 2 | 3 | 4 | 5 |
| 9. I feel "phantom vibrations" or check my phone even when it hasn't buzzed. | 1 | 2 | 3 | 4 | 5 |
| 10. I compare myself to others based on what I see on social media. | 1 | 2 | 3 | 4 | 5 |
| 11. I feel guilty or frustrated after spending too much time on my phone. | 1 | 2 | 3 | 4 | 5 |
| 12. I use my phone to avoid uncomfortable feelings or silence. | 1 | 2 | 3 | 4 | 5 |
| 13. I feel like I'm "missing out" if I don't check my phone frequently. | 1 | 2 | 3 | 4 | 5 |

Awareness & Balance

	1	2	3	4	5
14. I lose track of time when I'm on my phone.	☐	☐	☐	☐	☐
15. I have tried (and struggled) to reduce screen time.	☐	☐	☐	☐	☐
16. I rarely take breaks from my phone, even during leisure time or exercise.	☐	☐	☐	☐	☐
17. I feel more mentally scattered after long periods of screen use.	☐	☐	☐	☐	☐
18. I check my phone during social time with friends, family, or a partner.	☐	☐	☐	☐	☐
19. I've tried and failed to create phone-free spaces and/or time blocks.	☐	☐	☐	☐	☐
20. I've heard about others who have phone discipline and thought, "I need to do that."	☐	☐	☐	☐	☐

Reflective Scoring!



20–39: Grounded & Mindful

Your relationship with your phone seems pretty balanced. Keep protecting what is working.



40–59: Aware But Distracted

You already see some of the pattern. A few habits may be pulling at your focus, energy, or presence.



60–80: Phone Might Be Running the Show

Your phone may be affecting your mood, productivity, sleep, or relationships more than you want. Start with one small shift.



81–100: Time for a Digital Reset

You are not alone. Start small and mindfully. Even a few minutes of intentional unplugging each day can create real change.



Create Boundaries That Feel Good

-  **Phone-Free Zones.** Start with one room (bedroom, dining table, office, etc.)
-  **Digital Sunset.** Set a “cut-off time” for screens in the evening.
-  **Use a Real Alarm Clock.** Keep your phone outside your bedroom.
-  **One Hour a Day, No Phone.** Choose a protected “off” hour.
-  **Weekly Tech-Free Block.** Pick one morning or evening a week to unplug fully.
-  **Minimal Notifications.** Only allow what’s necessary to interrupt your attention.
-  **Delete social media apps.** Create obstacles to the distractions that are one click away.



Replace the Habit with Something Nourishing

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|--|---|
|  Connecting with someone in-person. |  Prioritize your To-Do list. |
|  Catching up on reading. |  Exercise. |
|  Meditation. |  Organizing your space. |
|  Get back to a hobby that you love. |  Go back to sleep! |
|  Immerse yourself in nature. |  Cook a new recipe. |



This is not about treating your phone like the enemy. It is about changing the relationship you have with it. Phones can be genuinely useful. The key is noticing where they help and where they quietly hijack your attention, mood, or decision-making. Every small shift counts.





Want more support creating a grounded, mindful relationship with your phone?

The free Phone Decisions section gives you simple tools to put this awareness into practice—reflection prompts, practical exercises, and ways to start making real change.

If you want more personal support, you can also book a coaching session with Ryan. Together, we can look at your real scroll moments, what is driving them, where you want change, and what small boundaries, anchors, or replacements could actually work in your life.

*Start with awareness.
Then build change that fits your real life.*