



## **Phone Decisions: A Simple Guide to Change Phone Habits**

This part of the program is where the magic happens. And not by forcing perfection, but by building the skill of choosing with intention. Up to now, you've been noticing patterns: *When* you pick up your phone. *Why* you pick it up. *How* it leaves you feeling afterward. Now we practice the next step: making a different decision on purpose. This is not about "having more willpower." It's about creating small moments of control until your default begins to shift. Most phone use is not random; it is a response to something deeper.

So instead of asking, “How do I stop using my phone?” the underlying question becomes, “What is my phone doing for me right now, and is there a better use of my time and focus?” This simple question turns mindless scrolling into an empowering decision.

## The Phone Decision

When you feel the urge to reach for your phone, try this quick sequence:

### 1) Pause for 5 seconds.

Create a gap. Prime yourself for hesitation.

### 2) Name it.

“What am I feeling or experiencing right now?”

(stress, boredom, fatigue, avoidance, loneliness, overstimulation, etc.)

### 3) Choose one of three options:

1. Use it with intention (and decide what you’re doing before you open it).
2. Delay it (2 minutes, 5 minutes, or “after I finish this task”).
3. Reduce it/Remove it (choose a replacement that matches the need or lose it entirely).

You’re not “failing” if you still use your phone.

You’re winning whenever you make it a *choice* instead of a *reflex*.

Each time you resist the autonomic temptation to grab your phone, it’s like a bicep curl for your brain!

## Your Replacement Menu

Consider the concept of “The 3 R’s.”

1. Recognize (Recognize triggers and automatic phone habits. We can’t change what we don’t acknowledge.)
2. Replace/Remove (Replace the habit with something nourishing, more productive, or remove the trigger completely if a replacement isn’t necessary.)
3. Reinforce (Reinforce the new habit of catching automatic habits with something gratifying and/or make the automatic phone habits more difficult to repeat.)

*In this next step, we’ll spend some time on the 2nd R.*

Choose a few “replacements” that fit your real life. Keep them simple.

If you’re stressed:

4-7-8 breathing for three rounds.

Quick walk to the kitchen and grab some water.

Ask yourself, “What was I stressed about last week/last month?”

Stretch shoulders/neck/hip for 2-5 minutes.

If you’re bored or restless:

Shake your body out and/or practice some physical exercise.

Step outside for a few minutes.

Play a song or podcast (no scrolling).

If you're feeling lonely:

Text one person "Hey, I'm thinking of you."

Look back on, or journal your favorite memories in gratitude.

Plan something small (coffee, walk, call, etc).

If you're avoiding something:

Do the first 2 minutes of the task, only.

Name what you're avoiding and recognize any obstacles.

Ask yourself, "What am I afraid of?"

**Your weekly goal (simple & measurable)**

Pick at least two or three moments of the day to practice decisions *without* interruption.

Examples:

Mornings in bed

Bathroom break

In the elevator

At a red light

Between tasks

Evenings on the couch

During a meal

Doing chores

In mid conversation

This week I will practice Phone Decisions during:

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### **What progress looks like here**

You're progressing if you notice any of this:

You catch the urge sooner

You pause even once

You use your phone with intention

You stop a scroll earlier than usual

You swap at least once per day

You feel less "pulled" by the phone

Progress is not about being effortless or flushing your phone down the toilet.

It's about becoming the kind of person who can say,

"I don't do what my phone wants; I decide. I use my phone, not the other way around."

My overall goal: \_\_\_\_\_.

Secondary goal (optional): \_\_\_\_\_.

**At least one metric I will track:**

Sleep Quality	Daily Average Screen Time	Duration of Undivided Attention
Productivity	Energy Throughout The Day	Quality Time w/Others
Clarity	Anxiety/Stimulation	More Time Throughout The Day

**7-day check-in (mark each day you followed your practice):**

Day 1\_\_\_\_ Day 2\_\_\_\_ Day 3\_\_\_\_ Day 4\_\_\_\_ Day 5\_\_\_\_ Day 6\_\_\_\_ Day 7\_\_\_\_

Reflection: What did I notice about my habits this week?

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One goal for next week:

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Phone Decisions is where your awareness turns into actions, and you don't have to do it alone. In our one-on-one coaching, we'll pinpoint your personal "scroll moments," clarify what your phone is really doing for you in those situations, and build a simple plan that fits your actual life (not an ideal one). Each week, we'll choose at least one or two focused changes like a boundary, an anchor, or a replacement routine, then recognize what's getting in the way and adjust fast, so the habit sticks. The goal isn't to be perfect. The goal is to build repeatable, confidence-building decisions until your phone becomes something *you* use on purpose, not something that uses *you*.

Contact Ryan today and book a free 15 minute consultation!