



Phone Reflections

A Simple Guide to Recognize Phone Habits



Smartphones are more than tools—they're companions. We rely on them for pretty much everything. While these devices offer undeniable convenience, we've entered a cultural context in which being reachable 24/7 is not just normalized, but expected. This has led to a form of hyper-connectivity that's both empowering and exhausting. All of which, comes at hidden cost...



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 a place you visited (desktop, laptop). Now it's a layer over daily life: you can message, search, watch, buy, navigate, and share from anywhere, instantly. And it's not niche anymore — smartphones are now the global majority. Texting, group chats, DMs, read receipts, and “why didn't you respond?” became normal. Relationships gained convenience and added new friction. Micro-misunderstandings, constant availability, and attention being split mid-conversation. Phones brought constant novelty, notifications, and multitasking. Research literature often flags associations between smartphone use and issues like attention, cognition, stress, sleep, and performance.





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

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|--|---|---|---|---|---|
| 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

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|--|---|---|---|---|---|
| 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

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 healthy!
Keep nurturing balance.



40–59: Aware But Distracted

You're on the path to more mindful use, but a few habits might be draining your energy or focus.



60–80: Phone Might Be Running the Show

Your phone habits are probably affecting your mood, productivity, and relationships.
Try a small daily reset.



81–100: Time for a Digital Reset

You're not alone—many people feel this way. Start small and mindfully. Even a few minutes of intentional unplugging a 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 quitting your phone. It’s about changing the relationship you have with your phone that fits your lifestyle and needs. Phones can obviously be super useful in our every day lives, as long as we recognize where the phone holds us back and hijacks our decision making. Every small step is a win.



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.*

