

De-addiction essentials:

Screen use



Denial

- Run a 7 day screen-time report and save the weekly summary to review.
- Place a visible note (e.g., on your desk) listing three things you missed due to screens this week.



Acceptance

- Set one firm rule (no screens 30 min before bed) and tell a closed ones to hold you accountable.
- Create a nightly phone charging station outside the bedroom and sign a short written pledge.



Awareness

- Keep a simple trigger log for 7 days (time, mood, situation).
- Use a 2 minute pause: name the urge and note the feeling before picking up the device.



Action

- Replace the first nightly screen hour with a 10 minute walk or 20 minute reading routine.
- Turn on app limits/grayscale/Do Not Disturb and enforce phone free zones at meals and bedtime.

Progress note: pick one small solution and repeat it daily—consistency beats intensity