PROGRESS AND ACCOUNTABILITY

Invite an Accountability Partner

Someone who cheers you on, without watching your phone.

STEP 1 · START HERE

Choose one kind, honest person and send them the short message below.

Telling one trusted person what you're working on helps. Monitoring software that reports everything you do tends to bring shame and secrecy instead. Undivided never reports anything to anyone.

Who to ask

A friend, spouse, small-group member or sibling who will be kind and honest. Not someone who will lecture you.

What to send

> I'm trying to use my phone less, especially at [my hard time]. Would you ask me once a week how it's going?

Each week

Send a short check-in: how many days went well, one thing that helped, one thing that was hard. Your progress page can write the text for you. You choose what to share.

About passcodes

If someone types a Screen Time passcode for you, keep **your own** Apple Account as the recovery account and never share account passwords. See step 7 of the iPhone guide.

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