FINDING WORTHWHILE ALTERNATIVES

The Boredom Gap

The few uncomfortable minutes after you put the phone down, and how to get through them.

STEP 1 · START HERE

When the gap comes, name it and give it five minutes before deciding anything.

Boredom isn’t a failure. It usually passes if you give it a few minutes.

When you first put the phone down, there’s a gap: a few uncomfortable minutes where nothing feels interesting. Most people grab the phone right here. That gap is normal, and it gets shorter the more often you sit through it.

How to get through the gap

1. Name it: “This is the boredom gap. It passes.”
2. Give it five minutes before deciding anything.
3. Do something with your hands: a chore, a sketch, a walk.
4. Keep a “ready spot” with a book, puzzle or project where you usually scroll.

What to expect

The first week, the gap can feel long. After a couple of weeks of practice, many people find they reach for something real without thinking. Missing a day doesn’t reset anything.

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