BREAKING COMPULSIVE PHONE HABITS

Emergency 3

Three actions under 60 seconds for when the urge hits hard.

STEP 1 · START HERE

Put the phone face-down out of reach. Then stand up and move.

When the pull is strong, don’t argue with it. Do these three things, in order, right now.

1. **Put the phone face-down out of reach.** Across the room, in a drawer, or in another room.
2. **Stand up and move.** Change rooms or step outside. A new place breaks the loop.
3. **Do one 60-second physical thing.** Drink a glass of water, wash one dish, or do ten squats.

Then pick one thing to do with the next 5, 15 or 60 minutes. The Time-Fill Ladder has ideas.

Why it works

The urge usually fades within a few minutes once your hands and body are busy. You don’t need to win a debate with yourself. You just need the next minute to look different.

Make it automatic

- Print the card and keep it where you usually scroll.
- If you reach again, do the same three steps. Every return counts.

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