IPHONE AND ANDROID SETUP GUIDES

Pause Before You Scroll (iPhone Shortcut)

Make Undivided appear when you open a distracting app. Optional, and you can turn it off anytime.

STEP 1 · START HERE

Try it on one app first.

Undivided can't see your apps or change your settings. You stay in control, and you can turn it off anytime.

Checked against Apple, Google and app help pages on Nov 3, 2026. Phones and apps change their menus often. Steps marked **Check on your phone** weren't fully documented by the company.

This uses Apple's free Shortcuts app. When you open an app you choose, your iPhone opens the Undivided pause first. Nothing is shared with us. Undivided can't see your apps or change your settings. **It's still new: try it on one app first.**

iOS 26 and earlier (about 2 minutes per app)

1. Open **Shortcuts** and tap **Automation**.
2. Tap **+** (or **Create Personal Automation**) and choose **App**.
3. Tap **Choose**, pick the app (for example Instagram), and make sure **Is Opened** is selected. Tap **Next**.
4. Add the action **Open URLs** and type: `https://myundividedapp.com/pause/?app=Instagram` (use the app's name).
5. Choose how strict it is (below), then tap **Done**.

iOS 27

Apple moved automations inside shortcuts. Create a shortcut with the **Open URLs** action and the address above, then tap **Edit** → **Automation** and choose the **App** trigger.

Check on your phone

Choose how strict it is

- **Gentle (recommended): Run After Confirmation** (if you see an **Ask Before Running** switch instead, leave it on). A small notification asks first. Tap it to see the pause, or ignore it. It can't trap you in a loop.
- **Firm: Run Immediately** (or turn off Ask Before Running). The pause opens every time. Going back into the app shows it again, so you'll need to turn the automation off to use that app. Use this only for apps you want to quit.

Make one automation per app. Choosing several apps in one automation may work on your version, but Apple's guide doesn't say so. **Check on your phone**

Turn it off

Shortcuts → Automation → tap the automation and switch it off, or swipe left and delete.

Android: there's no automatic version. See the Android guide for a home-screen pause.

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