BREAKING COMPULSIVE PHONE HABITS

Risk Window Plan

Your risk window is the time your phone pulls you in most. Decide now what you'll do when it comes.

STEP 1 · START HERE

Write one sentence for your hardest moment: When ___, I will ___ instead.

Plans made in the moment usually lose. Plans made ahead of time usually win. Fill in one sentence for each pull moment.

When _____, I will _____ instead.

Examples

- When I get into bed, I will put my phone on the kitchen charger and read one chapter.
- When I get home from work, I will put my phone in the basket by the door for 30 minutes.
- When I'm waiting in line, I will look around and notice three things instead of opening an app.

Rules that help

- Say what you *will* do, not only what you won't. Plans that name what you'll do instead work better than "I won't scroll."
- Get what you need ready before the moment comes: the book on the nightstand, the basket by the door.
- Keep the same plan for a week. Change it only if it fails three times.

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