CHALLENGES AND ROUTINES

Setback Recovery Plan

What to do after a slip, so one bad night doesn’t become a bad month.

STEP 1 · START HERE

Put the phone down somewhere out of reach and do one real-life thing instead. Just once.

Missing a day doesn’t reset your progress. A slip is information, not failure. What matters is the very next step.

Right after a slip

1. **Put the phone down somewhere out of reach.**
2. **Do one real-life thing instead.** Just once.
3. **Keep going tomorrow.** No starting over, no backfilling, no guilt.

If it keeps happening

- Look for the trigger: tired, bored, stressed, lonely? Plan for that exact moment with the Risk Window Plan, a one-line plan for your hardest time.
- Add one stronger boundary from the checklist.
- Tell someone you trust and ask them to check in.
- If phone use is hurting your sleep, work or relationships and you can’t change it alone, see when to get more help.

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