BREAKING COMPULSIVE PHONE HABITS

Trigger Map

Find the three moments your phone pulls you in most.

STEP 1 · START HERE

Check the moments that sound like you, then circle your top three.

You can't change a trigger you never notice. Most people have two or three moments that do most of the damage.

Check the ones that sound like you

- [ ] In bed at night
- [ ] First thing in the morning
- [ ] Waiting in line, in the car, or at appointments
- [ ] Right after work or school pickup
- [ ] Around my family, at dinner or in the evening
- [ ] When I sit down to work
- [ ] When I feel stressed, lonely, or bored
- [ ] When I get a notification

Pick your top three

Circle the three that happen most. For each one, ask: what am I really looking for? Rest? Escape? Connection? A break?

1. My first pull moment: _____
2. My second: _____
3. My third: _____

Next, decide what you'll do in each of those moments. The Risk Window Plan helps you write one plan for the time your phone pulls you in most.

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