BREAKING COMPULSIVE PHONE HABITS

What Your Scroll Is For

Bored, stressed, lonely, tired or avoiding something? Pick what to do instead based on what you need.

STEP 1 · START HERE

Name what you're really looking for right now, then use the match for it below.

Research on problem phone use finds a few common reasons people reach for the feed: boredom, escaping stress, wanting connection and wanting entertainment. Matching what you do instead to the reason makes sense, though it hasn't been tested head-to-head yet. Try it and see what works for you.

Bored

Give your hands something real: tidy one spot, cook, doodle, fix one thing, walk the block.

Stressed or anxious

Calm your body first: breathe out slowly, stretch, walk, take a warm shower. Then take the smallest next step on what's stressing you.

Lonely

Use your phone for a person, not a feed: text a real question, send a voice message, call someone, or make a plan for this week.

Tired

Rest for real: phone on the charger, lights low, eyes closed, a warm drink. Scrolling feels like rest but usually isn't.

Avoiding something

Make the first step tiny: do two minutes only, or write the very next step on paper.

Looking for entertainment

That's fine. Pick a stopping point first: five videos or fifteen minutes, then close it and do one of the ideas above.

Instant Reset does this matching for you in seconds.

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