

## Day – 4

### Break up with the mobile phone

- **Take Stock and Take Action – By now, we have tracked our phone usage for a few days. Now it is time for us to analyse and take actions based upon this data.**

#### **1) Look at the results from tracking**

- **The tracking data may not be entirely accurate, but that is absolutely normal. We are just trying to get a general sense of how our guesses match up or differentiate to reality.**
- **How many times per day did you pick up your phone, and how much time did you spend on it? Is there anything that surprised you about your mobile usage?**

#### **2) Notice what you have noticed**

- **Next, think about what you have noticed over the past 24 hours about when and why you typically use your phone. What did you notice about how and how often your phone interrupts you, what grabs your attention? How did these interruptions make you feel?**
- **What did you notice about your physical and emotional state before, during and after you used your phone, also during times when you kept it away? For example, did you feel relaxed, tensed, excited, anxious or some other emotions? What did you pick up on about how your phone affects your levels of dopamine and cortisol?**
- **What did you notice about the moments when you felt effective and purposeful, joyful, energised? What were you doing at that time? Was there anyone with you? Was your phone involved in that effective activity or not?**
- **How did you feel when you saw other people on their phones?**
- **If you put this all together, what patterns did you notice? What, if anything, surprised you?**

### **3) Create your first speed breaker**

- One of the most effective ways to regain control over our phones is to build speed breakers, small obstacles that force us to slow down just like speed breakers on the road force us to slow down our vehicle's speed.
- Remember one simple thing that whatever we are going to do now, the outcome of it will completely depend upon your own intention and your own will power to change yourself. Nobody else is going to do it for yourself. If you stay honest with your efforts only then this will work.
- Moving forward to speed breaker and it is, 3 W (WWW).
  - a) What for : What is the reason you picked up your phone? What are you going to do? For example, to check WhatsApp, to check your email, to check other social media apps or just to kill the time(timepass)
  - b) Why now? : Why are you picking up your phone now instead of later? The reason might be practical like to make an important call or send important message, another reason could be situational just standing in a line and checking the phone or emotional like to have a distraction.
  - c) What else? : What else could you do right now instead of checking your phone?

**As we discussed earlier, it is all about what you want? Do you really want to get out of this mobile addiction and regain the control of your own life.**

**Life always gives us two choices or two options, it is we who decide what to choose.**

**All the best.**