

Break up with the phone

Day – 3

Start Paying Attention, over the next 24 hours try to notice,

- Situations in which you nearly always find yourself using your phone. (For example, waiting somewhere, at the bus stand, mess.) Also note the first time in the morning and the last time in the evening that you typically look at your phone.
- How your posture changes when using your phone?
- Your emotional state or situation before you reach for your phone. (For example bored, curious, anxious, happy, lonely, excited, sad, loving and so on.)
- Your emotional state or situation right after you use your phone (Do you feel better? Worse? Did your phone satisfy whatever emotional need caused you to reach for it?)
- When, and how often, your phone grabs your attention? (Via notifications, texts, and the like)
- How do you feel while you are using your phone, as well as how you feel when you realise that you don't have your phone. The point here is to start to become aware of when and how your phone triggers your brain to realise dopamine and cortisol and what do you feel like when that happens. (Generally speaking, cravings are a desire for dopamine, dopamine itself feels exciting and cortisol feels like anxiety.)
- Also pay attention to,
 - a) Moments – either on or off your phone, when you feel some combination of engaged, energised, joyful, effective, and purposeful. When that happens, notice what you were doing, whom you were with and whether your phone was involved or not.
- Notice everything and write it down, remember understanding of behaviour is the primary stage to change anything. Good step by step.