

2 CONTROL THE CONTEXT CLUES

that activate & enable phone use.

- ☑ silence it
- ☑ turn it off
- ☑ switch it onto DND

ADD FRICTION



Cellphone Snubbing

indicator of troubled relationships



HOW TO STOP

LOOKING AT YOUR PHONE!



1 NOTICE THAT YOU'RE USING YOUR PHONE!
↳ effective habits hide in your consciousness zzz
set external alarms



5 MAKE
→ not checking ←
rewarding



↳ you could be missing out on a good book:



going back to friction...

4 MAKE OTHER ACTIONS EASIER!!!



instead of a phone...

get a watch instead!

3 **STACK** a new, healthy action onto your existing habit.

Call a family member whenever you check your phone!



repetition is important!