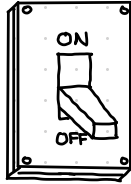


↑ INCREASE FRICTION

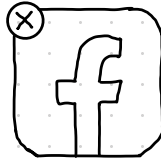
to make phone use MORE difficult!
Repetition is key - build automatic habits that make your old habit more costly, decreasing motivation.



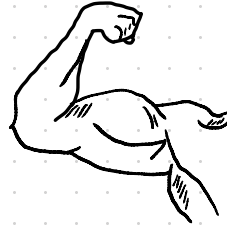
Leave it in your backpack, purse, or briefcase (or better yet, at home)



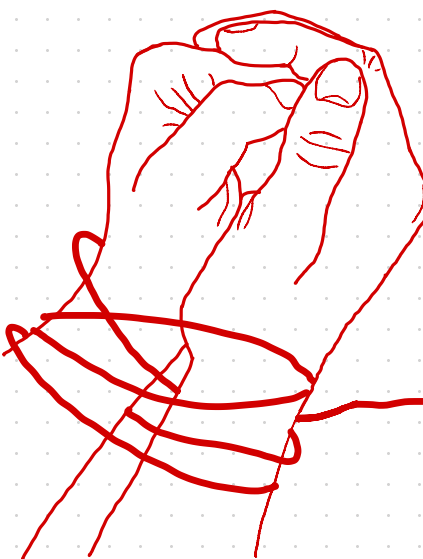
Power it off after each use



Delete apps and use web browser versions instead



Stack new healthy actions like calling a loved one one doing 5 sit ups every time you unlock phone



↓ REDUCE CUES



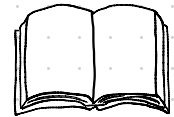
Use Do Not Disturb to silence notifications

↓ REDUCE FRICTION

for alternative actions!



For the time or date... Try a watch!



For entertainment... try a book!