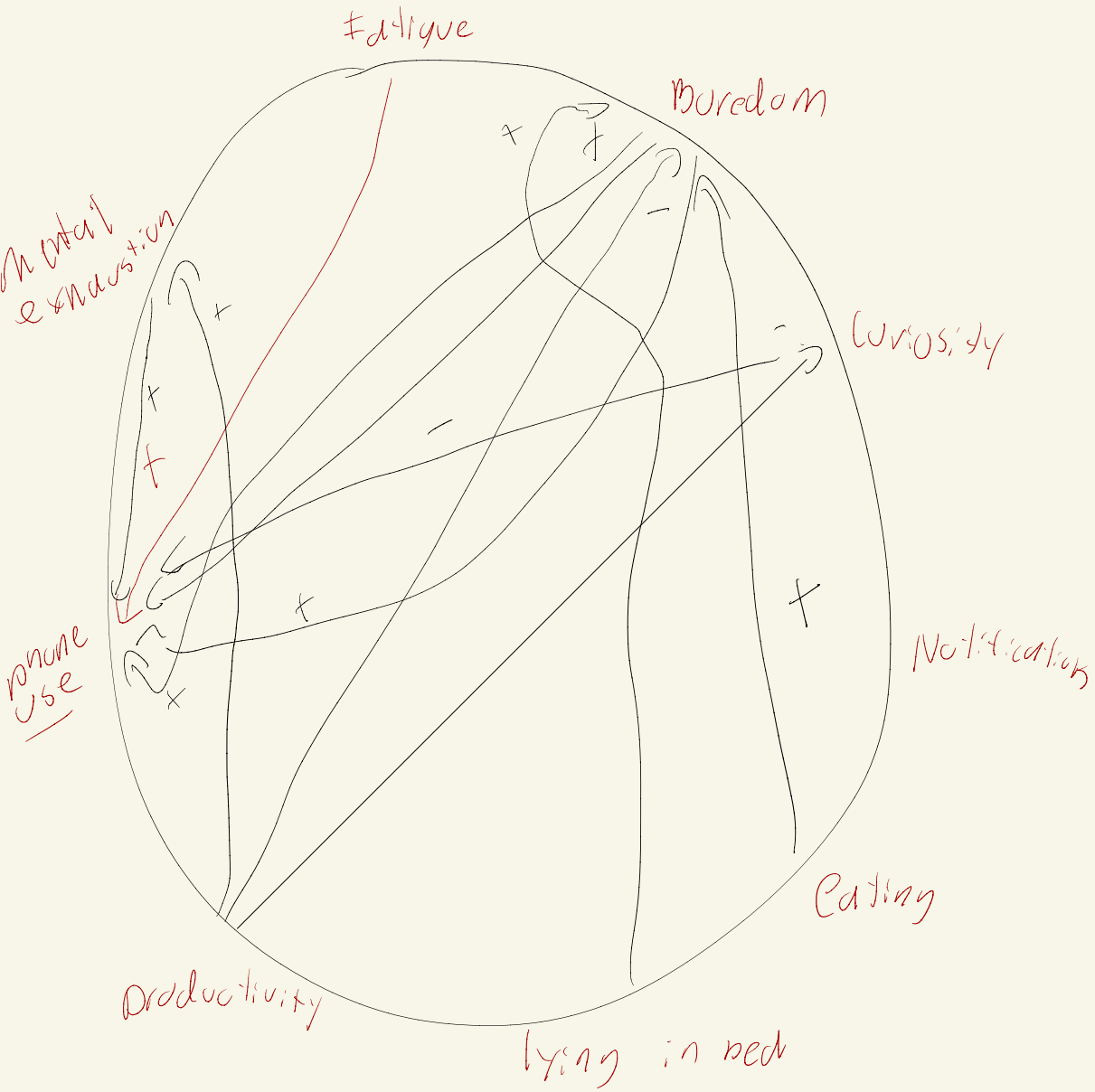


# Comediation Circle



## environment

- phone next to bed
- eating alone
- unstructured mornings
- work requiring phone access
- notifications silenced

## time / patterns

- late night
- immediately after waking up
- after long work blocks
- while eating
- end of busy days

Effect:

excessive/  
unnecessary  
phone use

## causes / constraints

- lack of alternative breaks
- habitual checking
- curiosity about messages
- desire for stimulation
- mental fatigue

## workarounds:

- blockers (local)
- delayed phone access
- leaving phone
- morning commitments
- intentional low stimulation breaks