

# Breaking the phone habit

## THE PHONE: WHY STOP

**Blinders** → Miss the world around you



**Work Stress** → Checking email after hours  
spikes cortisol & anxiety

**Phubbing** → Check phone instead of  
quality time

~~Social~~

## Tool 2: Control Cues

- **Remove** cues to grab phone
- **Leave it behind**
- **X** Keys + phone + wallet
- **✓** Keys + wallet

## Tool 4: Raise Stakes



Stack a costly habit: If I check  
my phone → I MUST call a family member

## Tool 1: Awareness

**The Trap:** Habits are unconscious



**The Fix:** Listen to reminders  
from friends



## Tool 3: ADD Friction

Zip it up: Put phone in zippered pocket



Power Down: Turn phone off



Delete Apps: Delete frequently used apps

## Tool 5: Replacement



**Get a watch:** Avoid getting  
sucked into using phone



**Read a book**