My phone and screen habits

Look at how you use your phone and decide what you want to change.

Name _____ Date _____

Phones and apps are designed to hold attention, so finding them hard to put down is not a personal failing. If you want to use yours differently, you need to set it up that way on purpose.

Roughly how much I use it each day, and what for

What I get from it

- [ ] Connection
- [ ] Information
- [ ] Fun
- [ ] Escape
- [ ] Something to do
- [ ] Staying in the loop

What it costs me

- [ ] Sleep
- [ ] Time
- [ ] Attention
- [ ] Mood
- [ ] Being present

When do I reach for it without deciding to? What am I usually feeling?

Things to try

- [ ] Phone charges outside the bedroom
- [ ] No phone for the first 30 minutes of the day
- [ ] Notifications off, except calls and messages
- [ ] Social media apps off the home screen, or deleted from the phone
- [ ] A daily time limit on particular apps
- [ ] Phone away at meals and with the kids
- [ ] Greyscale screen in the evening
- [ ] One screen-free evening a week
- [ ] Something else within reach: a book, a puzzle, knitting

The two I will try for a week

What I noticed

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.