



INFORMATION OR RELIEF LOG

Most scrolling has nothing to do with information. It is relief-seeking in disguise. This log helps you catch that in real time.

THE URGE

Log it as close to the moment as possible.

DATE:

TIME:

What I was looking for when I felt the urge to scroll:

What triggered the urge:

INFORMATION OR RELIEF

Be honest with yourself. Most scrolling is not about information.

Whether I was after real information or just relief from how I felt:

What emotion I was trying to escape:

WHAT I ACTUALLY NEEDED

Your answer here is your real replacement strategy.

What I actually needed in that moment:

What I will do next time I feel this way:

Growth lives on the other side of action.