

# SCROLL TRIGGER LOG

You can't break a habit you can't see. Log each scroll session and trace it back to its real cause.

## WHEN I SCROLLED

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*Trace each episode back to the moment before you opened the feed.*

TIME:

DURATION:

What I was doing just before I opened the feed:

What I told myself to justify opening it:

## THE FEELING

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*What was underneath the urge? Dig past the surface.*

How I was feeling when the urge to scroll hit:

What emotion or discomfort I was trying to manage:

## THE PATTERN

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*Understanding the trigger is how you break the loop.*

What this trigger tells me about my scrolling habit:

The pattern I am starting to see:

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Growth lives on the other side of action.