

WHAT AM I TRYING TO FIX?

Scrolling is never really about the scroll. Something underneath drove you to pick up that phone. Find it and you find the real fix.

THE REAL REASON

What were you actually trying to escape or fix when you picked up the phone?

What I was trying to fix or escape when I picked up my phone:

What feeling I was running from:

UNDERNEATH THE URGE

Go one layer deeper. The urge is a symptom – find the cause.

What the real problem was underneath that urge:

How long this problem has been building:

THE BETTER RESPONSE

Do not leave without a plan. Awareness without action is just suffering.

What a better response to that problem looks like:

The first step I will take right now:

Growth lives on the other side of action.