



Unplug to Reconnect: A Simple Guide to Managing Phone Dependency

Today, smartphones are more than tools—they're companions. We rely on them for pretty much everything. While these devices offer undeniable convenience, we've entered a cultural context in which being reachable 24/7 is not just normalized, but expected. This has led to a form of *hyper-connectivity* that's both empowering and exhausting. All of which, comes at a hidden cost...

Shortened attention span

Dopamine dependence

Social comparison and self worth

Cultural normalization of overuse

Ambient anxiety

Emotional disconnection and loneliness

Disconnection from nature

Attached is a score based system to help give some extra reflection to your relationship with your phone and if you're curious to make changes and optimize your phone's use. Empower yourself to use your phone, not the other way around!

For each statement, rate yourself from 1 to 5:
1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always

Habit & Usage Patterns

1. I check my phone immediately after waking up.
2. I reach for my phone when I'm bored or restless.
3. I spend more time on my phone than I intend to.
4. I scroll on my phone while eating meals.
5. I multitask with my phone during conversations or work.
6. I bring my phone into the bathroom or shower area.
7. I use my phone until right before falling asleep.

Thoughts & Emotions

8. I feel anxious when I don't have my phone nearby.
9. I feel "phantom vibrations" or check my phone even when it hasn't buzzed.
10. I compare myself to others based on what I see on social media.
11. I feel guilty or frustrated after spending too much time on my phone.
12. I use my phone to avoid uncomfortable feelings or silence.
13. I feel like I'm "missing out" if I don't check my phone frequently.

Awareness & Balance

14. I lose track of time when I'm on my phone.
15. I have tried (and struggled) to reduce screen time.
16. I rarely take breaks from my phone, even during leisure time or exercise.
17. I feel more mentally scattered after long periods of screen use.
18. I check my phone during social time with friends, family, or a partner.
19. I've tried and failed to create phone-free spaces and/or time blocks.
20. I've heard about others who have phone discipline and thought, "I need to do that."

Reflective Scoring!

20–39: Grounded & Mindful

Your relationship with your phone seems pretty healthy!
Keep nurturing balance.

40–59: Aware But Distracted

You're on the path to more mindful use, but a few habits might be draining your energy or focus.

60–80: Phone Might Be Running the Show

Your phone habits are probably affecting your mood, productivity, and relationships.
Try a small daily reset.

81–100: Time for a Digital Reset

You're not alone—many people feel this way. Start small and mindfully. Even a few minutes of intentional unplugging a day can create real change.

Create Boundaries That Feel Good

Phone-Free Zones. Start with one room (bedroom, dining table, office, etc.)

Digital Sunset. Set a “cut-off time” for screens in the evening.

Use a Real Alarm Clock. Keep your phone outside your bedroom.

One Hour a Day, No Phone. Choose a protected “off” hour.

Weekly Tech-Free Block. Pick one morning or evening a week to unplug fully.

Minimal Notifications. Only allow what's *necessary* to interrupt your attention.

Delete social media apps. Create obstacles to the distractions that are one click away.

Replace the Habit with Something Nourishing

Connecting with someone in-person.

Prioritize your To-Do list.

Catching up on reading.

Exercise.

Meditation.

Organizing your space.

Get back to a hobby that you love.

Go back to sleep!

Conclusion: Presence Over Perfection

This isn't about quitting your phone. It's about changing the relationship you have with your phone that fits your lifestyle and needs.

Every small step is a win.

Want more support in creating a grounded, mindful lifestyle?

Click, "Book With Ryan" on my website and let's get started with a personalized coaching session!