



Digital balance: the 5 practices

Taking back control of your attention — the measurement, the environment moves and the stages.

THE 5 PRACTICES

1

Measure before changing

7 days of observation (Screen Time / Digital Wellbeing), changing nothing — numbers + feelings before/after sessions.

2

Cut the triggers

Non-human notifications: all off. Phone out of the bedroom. Overflow-prone apps off the home screen.

3

Replace, don't just remove

Every recovered slot has its planned replacement: relaxation, connection or accomplishment — otherwise the screen takes it back.

4

Reduce in stages, not by oath

Screen-free windows (meals, first hour, last hour) rather than quotas. A stage cracks? Resume at the previous one.

5

Make the frame social

An announced rule holds better than a secret one. And at home: your consistency is the first educational tool.

The measurement week — 3 instructions

1. Turn on the phone's counters and change nothing for 7 days.
2. Note your state 2-3 times before/after a session: relaxed, drained, irritated, nourished?
3. At the end: identify your two risk slots and the usage that brings nothing.

It's not a test of willpower — it's a match of environments. Change the field.

This sheet's honest limits

Relapse is part of the path: success is measured by the speed of the restart.

Real, lasting suffering (sleep, obligations, distress): talk to a doctor — no shame in it.

The frame for young people and per-platform settings: sheets 06 and 07 on domaformalis.com