

# Stop Doomscrolling Before Bed

## 7-Day Companion Worksheet

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Use this worksheet alongside the book. Each day has one exercise. Write your answers here, or print it and keep it next to your bed. You do not need to be perfect. You just need to do the day.

### DAY 1

## Name It

*Watch the habit without trying to stop it.*

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### TODAY'S EXERCISE

Keep a tally every time you pick up your phone after 8pm. Note what you were doing right before each time. At the end of the evening write three things: how many times, what triggered it most often, and how you felt after scrolling.

#### YOUR NOTES

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### KEY TAKEAWAY

*You cannot change a habit you have not clearly seen. Tonight is about getting your first real look at what you are actually dealing with.*

DAY 2

# Know Your Trigger

*Anxiety, boredom, avoidance, or FOMO?*

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**TODAY'S EXERCISE**

Look at your notes from yesterday. For each trigger moment, ask: what was I actually feeling? Pick the driver that fits most often. Write it down. Then write one honest sentence about what that trigger is connected to in your life right now.

YOUR NOTES

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**KEY TAKEAWAY**

*The habit is not random. It is serving a function. Today you figure out what that function is.*

DAY 3

## Break the Entry Point

*Add friction before willpower is required.*

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### TODAY'S EXERCISE

Do all four before 8pm: log out of news apps, move your charger across the room, turn off all news notifications, move news and social apps off your home screen. Write what happened the first time you reached for the phone and hit a new barrier.

YOUR NOTES

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### KEY TAKEAWAY

*You are not relying on motivation tonight. You are relying on design. A slightly harder path is often enough to break the automatic loop.*

DAY 4

## Install a Replacement

*The slot does not disappear. Fill it deliberately.*

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### TODAY'S EXERCISE

Pick one replacement activity that matches your trigger. Commit to it for tonight only. When you feel the pull toward your phone, do the replacement instead. Afterward, rate how it felt on a scale of 1 to 10. Did it meet the need?

YOUR NOTES

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### KEY TAKEAWAY

*The goal is not to create a void. It is to swap a harmful loop for a neutral or useful one. Start with one evening.*

DAY 5

## Redesign the Last Hour

*The hour before sleep is not dead time.*

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**TODAY'S EXERCISE**

Write your personal last-hour routine: five steps maximum, in order, specific enough to follow without thinking. Phone-free, low-stimulation, repeatable. Tonight, follow it. Note what felt awkward and what felt right.

YOUR NOTES

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**KEY TAKEAWAY**

*You are not trying to have a perfect evening. You are trying to build a sequence your brain will eventually recognise as time to power down.*

DAY 6

## Do a Full News Fast

*Twenty-four hours. No news at all.*

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### TODAY'S EXERCISE

No news apps, websites, radio news, or headlines. When the urge hits, pause and ask: what am I actually afraid of missing? Write below: when was the urge strongest, and how did you feel by evening compared to a normal day?

YOUR NOTES

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### KEY TAKEAWAY

*One day without news will show you clearly how much of your anxiety was being generated by the habit itself, not by actual events.*

DAY 7

# Lock In the System

*Not goals. Rules.*

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## TODAY'S EXERCISE

Write three things: your specific rules (no more than five, written as behaviours), which day this week had the most impact and why, and your recovery move for when you slip: one concrete sentence beginning with "If I have a bad night..."

YOUR NOTES

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## KEY TAKEAWAY

*The reset is done. You know your triggers, you have a routine, and you have a plan for the hard nights. That is enough.*

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## Your written rules

MY RULES (NO MORE THAN FIVE)

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## Your recovery move

IF I HAVE A BAD NIGHT, THE NEXT EVENING I WILL...

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## Your floor

The three non-negotiables for hard weeks.

THREE THINGS ONLY

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