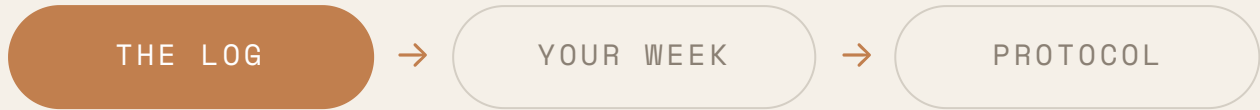

THE ANTI-DETOX METHOD

Reach for the Pen

Breaks the phone reflex without deleting a single app.

- Log what triggers each scroll for one week.
- Find the one pattern behind most of it.
- Five rules to beat it, and four lock-screens that catch you.



Before you scroll, write down why you reached.

The urge to scroll isn't random, it's triggered. Boredom, a hard task, a specific time of day. You can't change a pattern you can't see, so for one week you're going to make it visible.

HOW IT WORKS

- Keep the Ledger and a pen within reach, on the desk, by the couch, next to the bed.
- The moment you feel the urge to pick up your phone, **write the time and what set it off**, before you scroll, not after.
- That's it. Half the time, the writing kills the urge. The other half, you scroll anyway, but now it's logged.
- At week's end, read it back. The pattern will be obvious, and the pattern is the thing you actually fix.

By the end of the week, you'll see the one trigger behind most of your scrolling. That's the thing you change.

THE LOG



YOUR WEEK



PROTOCOL

Five rules that make the reach harder and boredom bearable.

You don't need all five at once. Pick the one that hits your most common trigger from the log, and start there.

1 Consume with a goal

When you pick up the phone, have a reason. Open it to do the thing, then put it down. Aimless is where the hour disappears.

2 No phone for the first hour

The first hour sets the day's attention. Give it to anything but the feed, the Ledger, a page of a book, a walk.

3 Read at both ends of the day

A few pages to warm the brain up, a few to wind it down. It replaces the scroll in the two slots you reach most.

4 Let one gap stay boring

The 50 seconds in a queue don't need filling. Sitting with a little boredom is how you get your focus back. Practise being okay with it.

5 Charge the phone across the room

Put the Ledger where the phone used to sit, last thing you touch at night, first thing in the morning. Make the better option the closer one.

hey. real talk on this one.

we didn't buy a journal to "be more productive." we bought one because we were tired of losing whole evenings to a feed and not remembering a single thing about them. the Ledger won't block your apps or shame you. it just gives your hand somewhere else to go when the reach kicks in. that's a smaller ask than quitting your phone, and it actually works.

we put three lock-screen wallpapers in the kit too, open **wallpapers.html**, screenshot the one you like, set it as your phone background. a tiny nudge on the exact surface you're fighting. run fast, run alone. run far, run with friends.

reply to your welcome email any time. we read every one. PEACE

Alex & Kush

FOLLOW THE BUILD → @ORDINSTUDIOS

questions? just reply to your welcome email.