The exit rule

Am I replaying the same event or judgment again and again?

Is my mood going down as the time passes?

Do I feel less able to do something practical afterwards?

If yes to any, stand up, move, wash a cup, step outside, call someone. Try again another day.

If it keeps happening, talk to a doctor or counsellor. In Canada or the US, call or text 988.

The candy test

Is this reason real, or is it a candy?

Real: a deadline, a person who needs me, a fixed cost I cannot move.

Candy: sounds responsible but would not survive being said out loud to someone I respect.

Real, so move it. Never cancel it.

The seven steps

1. Choose it.
2. Set a timer.
3. Remove inputs.
4. Do not steer.
5. Apply the exit rule.
6. Do not turn it into work.
7. Build slowly.

The ten-second pause

When I feel the reach for a device, I wait ten seconds.

I look at where I am.

I notice the feeling.

Then I do whatever I was going to do.

Not a tested technique. A way to make the reflex visible.

Cut along the dashed lines, or copy each card onto an index card.