

# Screen Time Reflection Worksheets

Not all screen time is equal. A video call with your mother and an hour lost to a feed both count the same in the statistics — but only one of them was yours. These three worksheets help you sort which apps *serve* your attention and which quietly *hijack* it.

## Worksheet One — The App Audit

Open your screen time report and list your six most-used apps. Be honest in the middle columns — the verdict usually writes itself.

APP	WHAT IT GIVES ME	WHAT IT COSTS ME	SERVES · HIJACKS (CIRCLE ONE)	KEEP · LIMIT · DELETE (CIRCLE ONE)
			serves / hijacks	keep / limit / delete
			serves / hijacks	keep / limit / delete
			serves / hijacks	keep / limit / delete
			serves / hijacks	keep / limit / delete
			serves / hijacks	keep / limit / delete
			serves / hijacks	keep / limit / delete

### THE TEST

An app **serves** you when you open it on purpose, get what you came for, and leave. It **hijacks** you when you open it without deciding to, stay longer than you meant to, and feel slightly worse afterward.

# Worksheet Two — When Do I Reach?

The phone is rarely the problem; it's the answer to a question you didn't notice asking. For one day, jot down the moments you reach — then look for the pattern underneath.

MOMENT I REACHED	WHAT I WAS FEELING	WHAT I WAS AVOIDING	WHAT I COULD REACH FOR INSTEAD

## Common Triggers — Mark Yours

- Boredom — any pause becomes a pickup
- Anxiety — checking as self-soothing
- Transitions — between tasks, rooms, or moods
- Waiting — lines, kettles, red lights
- Avoidance — a task I don't want to start
- Loneliness — the feed as company
- Can't sleep — the glow at midnight

## MY TWO BIGGEST TRIGGERS

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## ONE TACTILE THING I'LL KEEP WITHIN REACH FOR EACH

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# Worksheet Three — The Weekly Reflection

Once a week, five minutes, three honest questions. Print a few copies — the comparison from week to week is where the insight lives.

THIS WEEK'S DAILY AVERAGE	MOST-USED APP	PICKUPS PER DAY
_____	_____	_____

1 · WHAT DID THE SCREEN GIVE ME THIS WEEK THAT I TRULY VALUE?

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2 · WHAT DID IT QUIETLY TAKE?

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3 · NEXT WEEK, WHAT WOULD I RATHER DO WITH ONE OF THOSE HOURS?

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THE GOAL IS NOT ZERO

You are not trying to win an argument with your screen time report. You're deciding, on purpose, where your attention goes — and making sure the hours you keep on the screen are ones you'd choose again.