FOR CLIENTS

Digital Habit Inventory and Pickups Log

A neutral observation tool for noticing when, where and why digital habits happen. The aim is understanding, not self-criticism or perfect control.

Important: This tracker is not a diagnostic test or crisis service. If digital behaviour is linked to immediate risk, serious financial harm or danger, seek appropriate urgent and professional support.

How to use the log

- ☐ Record a sample of pickups rather than trying to capture every interaction.
- ☐ Note the situation and feeling just before the pickup.
- ☐ Describe what the app or activity offered in that moment.
- ☐ Afterwards, note the effect without judging yourself.
- ☐ Review the pattern and choose one small experiment.

One-week overview

Day	Estimated total time	Most-used activity	Impact on sleep, work or connection
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Pickups log

Notice the loop

Time and context	Trigger or feeling	What I opened	Immediate reward	How I felt after

A small experiment

Pattern I noticed:

One change I will test - for example moving a charger, muting a notification or setting a stopping cue: