

Group Chat Repair

COMMUNICATION

Text loses tone. Read how this thread went sideways, then write the message that fixes it.

1 The thread // #weekend-plans

MAYA

so I can't make the movie anymore, something came up 🙄

JORDAN

wow. cool. thanks a lot 😬

DEV

lol Jordan's big mad

MAYA

?? why is everyone coming at me, I said sorry

2 Read the room

What did Jordan probably *mean* vs. how did it *land*?

.....

.....

How is Maya likely feeling right now?

.....

3 Before you hit send

- ☐ Is it **kind** — or just venting?
- ☐ Is it **clear**, so tone can't be misread?
- ☐ Would I say it to their **face**?
- ☐ Does it **cool things down** or heat them up?

4 Draft the repair

You're Jordan. Write the message that clears up the misunderstanding without making it worse.

YOU





Doomscroll Detox Plan

SELF-MANAGEMENT

Apps are built to keep you scrolling. This is your plan to take the time back.

1 Spot the trigger

When do you open an app and scroll *without meaning to*? Check all that fit.

- | | |
|--|---|
| ☐ When I'm bored | ☐ Right before / in bed |
| ☐ Avoiding homework or a chore | ☐ When I feel left out or down |
| ☐ Waiting (in line, in the car) | ☐ Other: |

2 The 3-swap plan

Pick 3 offline things to reach for *instead* — and roughly how long each takes.

INSTEAD OF SCROLLING, I'LL...	HOW LONG	WHERE

3 Speed bumps

Make auto-opening *harder*. Check 2 you'll actually try this week.

- | | |
|--|--|
| ☐ Move the app off my home screen | ☐ Turn off non-people notifications |
| ☐ Set a daily time limit | ☐ Screen grayscale after 9pm |
| ☐ Charge my phone outside my room | ☐ Log out so it's not one tap |

✓ How I'll know it's working

In one week, I'll know this helped if...

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