

# 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.

- |                                                        |                                                       |
|--------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> When I'm bored                | <input type="checkbox"/> Right before / in bed        |
| <input type="checkbox"/> Avoiding homework or a chore  | <input type="checkbox"/> When I feel left out or down |
| <input type="checkbox"/> Waiting (in line, in the car) | <input type="checkbox"/> 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.

- |                                                          |                                                            |
|----------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> Move the app off my home screen | <input type="checkbox"/> Turn off non-people notifications |
| <input type="checkbox"/> Set a daily time limit          | <input type="checkbox"/> Screen grayscale after 9pm        |
| <input type="checkbox"/> Charge my phone outside my room | <input type="checkbox"/> 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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