

The Digital Fast

Self Observation Exercise

SEPTEMBER 22ND - SEPTEMBER 28

- Spend week observing phone and screen usage
- Take phone survey

Screen use in general

- Observe any unhealthy emotions
 - Is something phone/tv causing you to experience regular:
 - anxiety
 - fear
 - anger
 - jealousy
 - News programs - anger, anxiety, fear
 - Social media posts - anger, fear
 - Instagram - jealousy/comparison, anxiety
- Observe any time suck
 - Are you getting caught up watching or looking at something for hours on end?
 - Are you finding forgetting or neglecting something else because of screen time?
 - Find yourself overindulging?
 - I'll just watch 1 episode (3 hours later...)
 - I'll just scroll for 15 mins (hours later...)

For Phone

- observe any repetitive behavior
 - randomly checking your phone without purpose
 - Checking phone in middle of conversation
 - Checking phone in middle of another activity
 - Immediately have to check notifications
 - etc.
- Observe how often use phone for utility vs. distraction
 - Setting temperature in house - Utility
 - Ordering morning coffee - Utility
 - Social media for 30 mins - Distraction
 - Habitual online shopping - Distraction

Pray for direction

- Spend time in prayer about what God may be calling you to scale back or give up for the 4 weeks of the fast.