The Attention Audit

SD-B147 / THINKERS · AGES 13+

Log what triggers each phone pickup for a day and spot patterns.

YOU NEED: Paper log only (no phone needed), a pencil

ANALYZE	For one day, jot a tally each time you pick up your phone. Note what triggered it.
CHOOSE	Triggers can be a ping, boredom, habit or a task. Mark which it was.
TEST	At day's end, count the triggers. Which was most common?
REFLECT	Choose one small change you could try tomorrow. What do you predict will happen?

PICKUP LOG

Time	Trigger	Did I need to?

The pattern

Most pickups were caused by

One change to try

I will try

I predict

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A little help beside the learner. Read this page first; keep the answers here.

LEARNING GOAL
Practice self-observation, noticing patterns and testing a small change.

BEFORE YOU BEGIN
You need: Paper log only (no phone needed), a pencil. Keep the log private unless they choose to share it.

HOW TO GUIDE
This is curiosity, not judgment or a rule about screen time. The log is on paper and private. Let your teen decide what to share. Ask what they noticed rather than what they should cut.

WHY IT MATTERS
Awareness of habits gives teens more control. A short log turns a vague feeling into something they can see.

LOOK FOR THIS REASONING
Look for honest tallies, a named trigger pattern and a change that is small and specific.

IF THEY GET STUCK
Ask: what did you reach for the phone to do? What else could you do when that trigger happens?

MAKE IT GENTLER
Log for just a morning.

ADD A LITTLE STRETCH
Compare a school day with a weekend day.

A USEFUL STOPPING POINT
Test your change for a day and tally again.