

Cue

What external signals due to which you start using your phone ?

Eg. A notification, phone in eyesight, time of day....

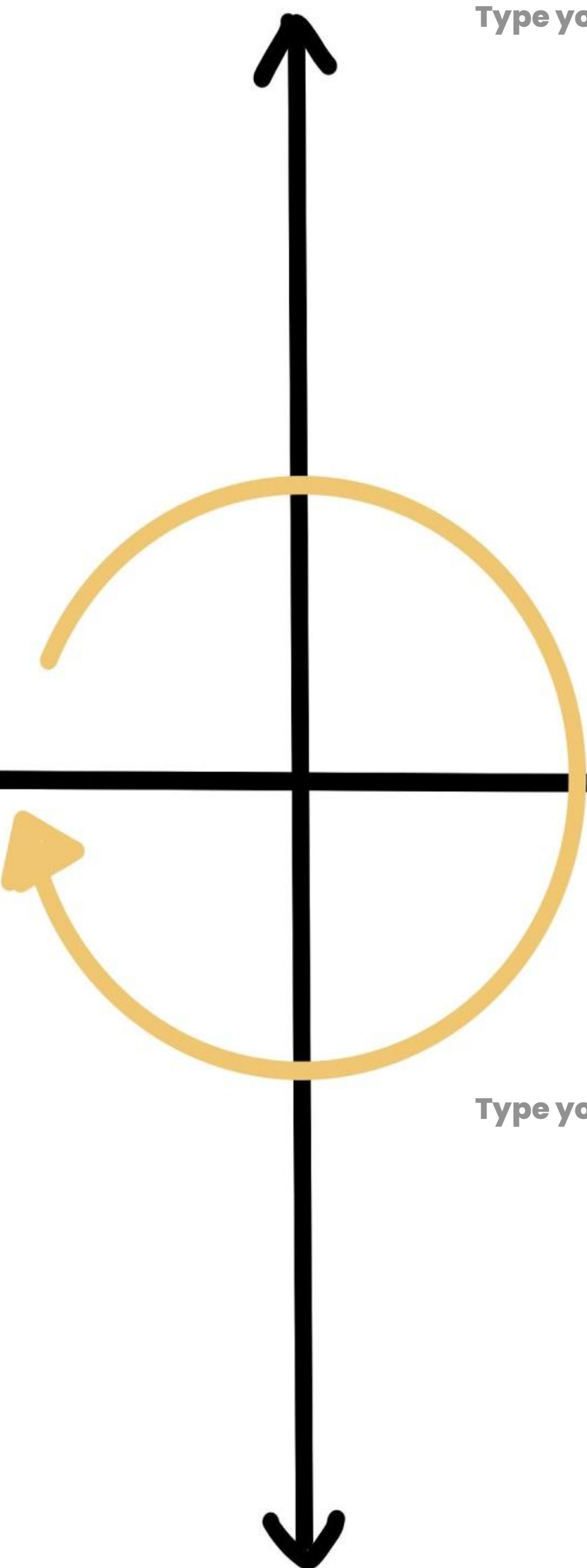
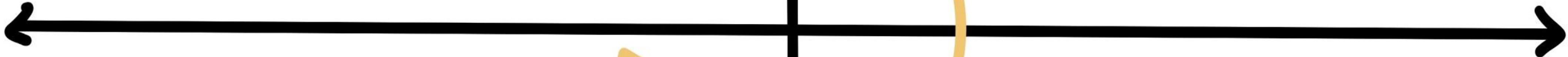
Type your cues here

Type your cravings here

Craving

What is it that you want to do at moment when you see the cue. The reward that you seek.

Eg. Want to know who texts, want to escape from the boring working



What is the reward that you get when you do your action ?

Eg. Get to see youtube videos, escape from work a bit,

Reward

Type your rewards here

Type your responses here

What is your response to the craving ? What action do you take

Eg. Pick up phone, Check Social media....

Response