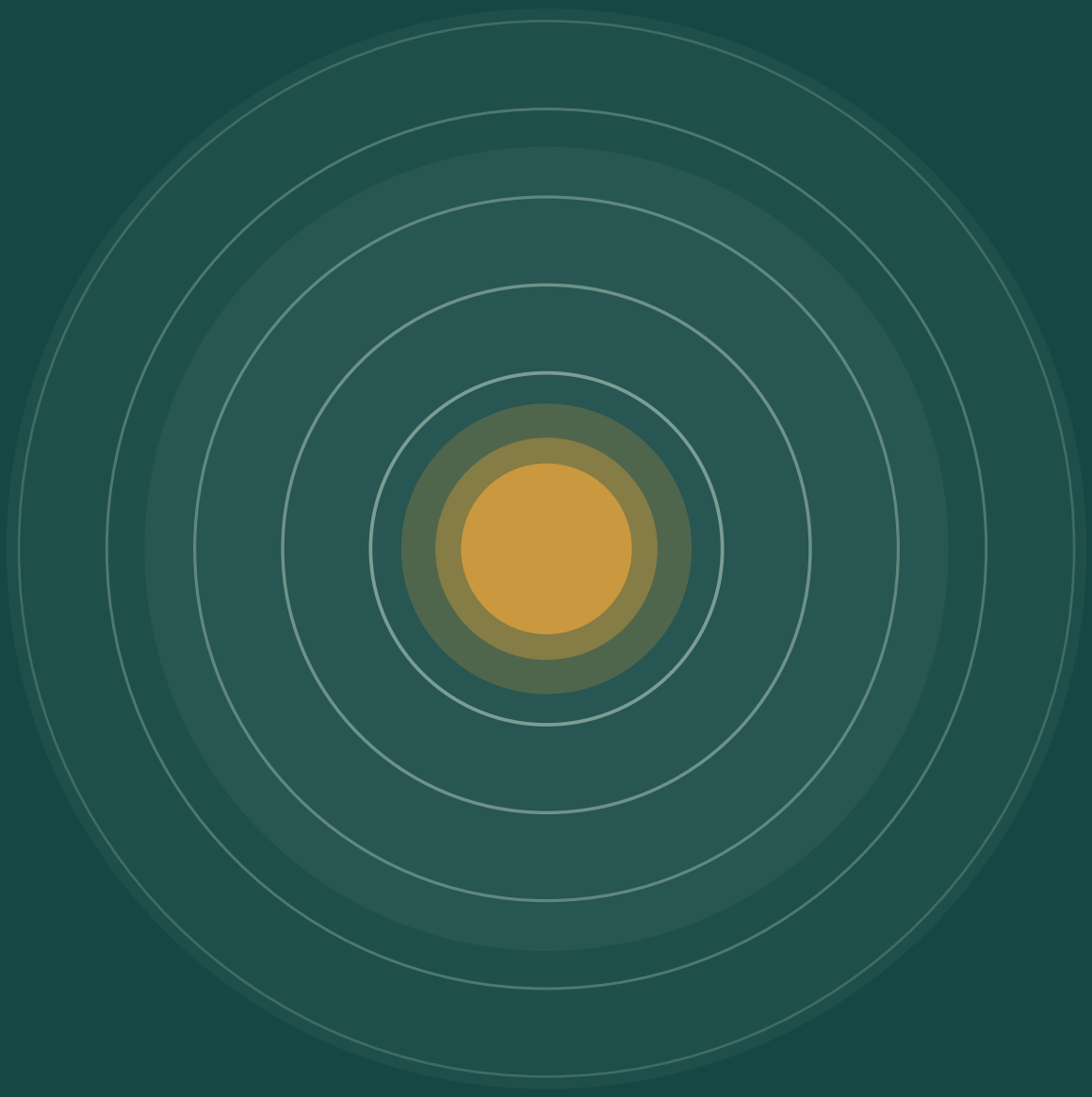


RECONNECTING WITH PRESENCE

A Workbook for Building a New Relationship With Social Media

Companion to the class: Social Media Is Not the Enemy

This workbook belongs to: _____

INTUITIVE HEALING SOLUTIONS

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PLEASE READ FIRST

Not Medical Advice

Educational use only. *Reconnecting With Presence* is an educational workbook designed to help you build self-awareness and practical skills around your relationship with social media and technology.

The information and exercises in this workbook, and in the companion class, are provided for **educational and skill-building purposes only**. They are not medical advice, and they are not intended to diagnose, treat, cure, or prevent any medical or mental health condition, including ADHD.

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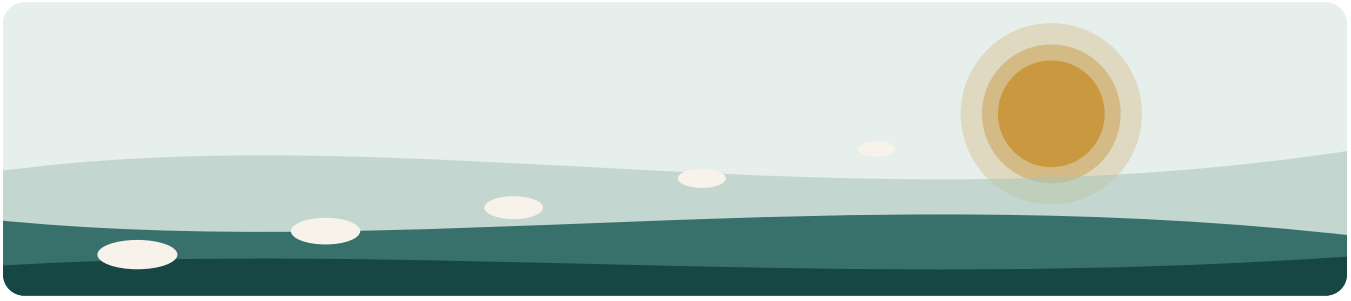
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BEFORE YOU START

This Isn’t About Willpower



Social media isn’t going anywhere, and you don’t need to eliminate it to feel better. What you need is a different relationship with it — one built on skills and awareness instead of restriction and guilt.

Your brain always chooses whatever holds the most value in the moment. Social media wins that contest constantly because it’s instant — not because it matters more. This workbook isn’t about fighting that. It’s about building more value everywhere else, so social media becomes something you choose, not something you fall into.

How to use this workbook

Work through it in order — each exercise builds on the one before it. There’s no perfect way to fill this out and no grade at the end. Write in pencil if that helps. Cross things out. Change your mind. The goal is honesty, not tidiness.

Give yourself permission to do this imperfectly. Meeting yourself where you actually are — not where you think you should be — is the whole point.

EXERCISE 1

Notice the Cycle

Before you can change a pattern, it helps to see it clearly — without judgment. Think of one specific, recent example.

A task or responsibility I've been putting off lately is…

The moment I usually reach for my phone instead is… *(before I start, mid-way through, when I feel stuck, etc.)*

What scrolling gives me in that exact moment… *(relief, stimulation, escape, connection)*

What it costs me afterward… *(time, energy, the same task still waiting, extra guilt)*

> This cycle isn't a character flaw. It's your brain doing exactly what it's built to do — choosing the thing that feels most valuable right now. The next few pages are about changing what feels most valuable.

EXERCISE 2

Name Your Autopilot Triggers

Autopilot moments are the specific situations where you reach for your phone without deciding to. Naming them precisely is what makes them changeable. List your top two or three.

Trigger	When It Happens	What It Gives Me

EXERCISE 3

Design Your Friction

Friction is a small, deliberate pause inserted between the trigger and the automatic reach for your phone. Research on this exact idea found that a short pause before opening an app — not a block, just a pause — cut app-opening by more than half. It doesn't stop you. It gives you back the moment to choose.

For each trigger you named, design one small piece of friction.

Trigger 1: For this one, my friction will be… *(e.g., leave my phone in another room, move the app off my home screen, set a 10-second delay)*

Trigger 2: For this one, my friction will be…

Trigger 3: For this one, my friction will be…

EXERCISE 4

Build Your Pull

Friction alone isn't enough — it just removes an option. A pull is something that gives you a real reason to choose it: a source of value that competes with social media instead of just standing in its way.

Think about what turns social media into a dessert instead of an escape — something you enjoy because you've already built value into your day, not something you retreat to because nothing else feels stimulating enough.

One thing outside social media that genuinely brings me energy or joy *(even something small)…*

One way I could make that thing slightly easier to reach for than my phone this week…

What would make picking up my phone later actually feel earned, like a dessert, instead of an escape…

EXERCISE 5

Meet Yourself Where You Are

Not where you think you should be — where you actually are right now. Real change starts from an honest baseline and one small, specific step. Not a full rebuild.

Right now, my honest pattern looks like… *(be specific: when, how long, how often)*

The smallest realistic next step I could take — not the ideal one, the smallest real one — is…

I'll try this starting on (date)… and check back in with myself on (date)…

> If it doesn't work exactly as planned, that's information, not failure. Adjust the step. Don't abandon the process.

EXERCISE 6

One-Week Pause & Presence Log

A simple daily check-in. This isn't about a perfect streak — it's about building the habit of noticing.

Day	Did I Pause?	What I Noticed	One Value-Based Choice I Made
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

WHERE TO GO FROM HERE

You Don’t Have to Rebuild This Alone

You’ve named your triggers, designed your friction, and identified what actually pulls you toward a life you want more of. That’s real work. Here’s what to hold onto:

1. **Pause.** Silence and a moment of separation aren’t empty — they’re where clarity comes from.
2. **Meet yourself where you are.** Adjust your routine, don’t rebuild it from scratch.
3. **Build one pull.** One real source of value outside social media is enough to start.

Want help making this plan specific to you?

These tools work best with a plan built around your actual patterns, not a generic one. Let’s build yours together in a free 20-minute conversation.

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Scan to book your free 20-minute conversation

