

Worksheet: Habit Loop Identifier (Action Stage)

This worksheet helps you recognize the psychological pattern behind your digital habits:

Cue → Routine → Reward

Once you can spot the loop, you can experiment with healthier routines that still meet the emotional need, whether it's comfort, connection, or escape.

Cue (Trigger)	Routine (Behavior)	Reward (Emotional Payoff)
e.g., Stress from work	Watch YouTube in bed	Escape and temporary relief
e.g., Feeling lonely	Scroll social media	Distraction or connection
e.g., Boredom after dinner	Open TikTok on couch	Quick stimulation, novelty
e.g., Conflict with partner	Play mobile game	Avoidance, emotional buffer

Challenge: Choose one loop that feels easiest or most frequent. This week, interrupt the routine on purpose. Don't try to overhaul your entire behavior. Just change one moment. The goal is to notice what changes when you do something different.

Reflection:

- Which cue happens most often and when? _____

- What emotional need is driving this habit? (*e.g., comfort, escape, connection*)?

- If you replaced it just once this week, what would you choose instead? _____

- Did the new routine feel better, worse, or just different? _____
