Doomscrolling trigger tracker

Track the urge for seven days before you try to change anything. Patterns beat guesses. One line per urge, honest beats neat.

HOW TO USE THIS SHEET

1. When you notice the pull to scroll, jot one line: the time, what set it off, and how you felt.
2. Record what you did, whether you scrolled or not. Both are useful data.
3. After seven days, circle your two most common triggers. Those are where friction helps most.

THE LOG

Day / time	Trigger (what set it off)	Feeling (bored, anxious, tired)	What I did

END OF WEEK: WHAT THE LOG SAYS

My two most common triggers

My most common feeling

One boundary I'll set this week because of what I see here:

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For educational purposes only. This is not medical, legal, or professional advice, and it may not fit your situation or jurisdiction. If scrolling is seriously affecting your sleep, mood, or daily life, talk to a qualified clinician.