

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly aged or off-white appearance.

This is a mirror of your answers: how you refuel, what drains you, and why you can trust it. Read it once, start to finish. It has no tasks in it.

This is a reading of your answers from one day. It is not a diagnosis.

Your reading, in a few lines. Think of this page as a map. Somewhere in the pages after it, one may name something you recognize. You don't know yet which one.

Going well for you: "What the world asks of you". This is ground you can start from.

Worth your attention now: "What you can lean on", "What it costs your work". Each has its own chapter. Under each title sit smaller patterns, and that is where your answers get specific.

All five areas, with their marks, are on the page "Your reading, in short".

You recharge most through Wonder & beauty. Other channels are in your mix too. What each one looks like in your days is in "How you refuel".

One line from your own pages: "It may have been a while since a scroll left you feeling fine about yourself." There are more like it further on, each one picked by your own answers.

No single problem stands out. That is why your plan touches several areas a little.

This is a reading of your answers from one day. It is not a diagnosis.

When you have read it all, go back to any page that named something you recognize. That page is yours.

What to do about it is in Weeks of change.

What this report can and cannot see

This report reads one thing: your relationship with your screens. It reads it from answers you gave on a single occasion.

It cannot see how you are doing otherwise. It does not know your history, what your days are like, or anything you did not type. It is not a diagnosis.

So if something heavier is going on, this is not the place to bring it — and nothing in these pages should be read as telling you that you are fine.

If you would rather talk to a person, start with someone close to you, your doctor, or a helpline where you live. A search will find one in your own country faster than any list we could keep true.

We are not a crisis service, and nobody here reads your answers as you write them.

HOW TO READ THE MARKS IN THIS REPORT

Plain paragraphs **describe** what your answers show. A box that starts with **“Try this”** is an invitation, never an instruction — a small experiment grounded in the mechanism named in the fine print beneath it. The lines under **“What we measured”** are the individual threads your answers were read from.

Numbers like [1] beside a line point to the published research listed at the back of this document, under The research behind your reading. The practices themselves, with their marks and their catalogue, are in Weeks of change.

Two small badges travel through the report: resource marks an area you can lean on, and watch marks one that deserves your attention now. Neither is a grade — both name the current condition of that spot, nothing more.

 NOTES

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The report reads front to back — first the mirror, then the cost. The work is in Weeks of change. Each chapter also stands on its own, and the last pages hold the receipts.

Your reading, in short

The largest gap in your profile is shallow: what the week asks and what it gives are not far apart. Your plan reflects that — standard intensity, with the emphasis on keeping what already works in place rather than rebuilding it. Maintenance is a legitimate outcome, and here it is the fitting one.

NOTES

Next: the one chapter with no grades in it at all – a portrait of how you refill, and the first thing in this report you can simply lean on.

 NOTES

THE PORTRAIT

How you refuel

This chapter is a portrait, not a score — it describes how you come back to yourself: which of two paths carries your energy, and which channels refill you when the day has taken its share.

What energizes you

Right now, both sources read as present — each on its own gauge, neither borrowed from the other: your answers read as if the surroundings lift and the drive underneath holds. Change started from this position can feed itself — action produces proof, proof deepens the why. If the reading fits, the work here is protection rather than repair: keep the structure yours, keep the reason spoken, and the loop keeps running.

The numbers on these pages come from your own answers and summarise them. They are not a measurement of you.

 NOTES

Drive from within

63

On its own scale — not a percentage of anything, and not a grade. It describes how much fuel this path holds this week.

This gauge reads neither full nor empty on your answers, so treat this door and its companion as strict equals. This one opens inward: it asks what the change is for — one honest reason, one small step, one kind way back after a slip. Grounded in how meaning sustains effort when structure fails, it needs no arranged room, travels with you, and turns bad evenings into information, not shame. Its cost: progress stays invisible awhile, the why must be grown rather than announced, and it is easily faked — positivity that denies the setback is the counterfeit, not the path. Mastery here means holding steady under adversity, not skill.

However you choose, know this path's opening weather before stepping in. Early on, the why feels thin — a sentence you wrote rather than a truth you found. Slips still land personally, and self-forgiveness feels suspiciously like an excuse until it is practiced. There will be a pull to cover the silence with forced brightness; decline it. Every part of this is expected on the route, and none of it means you failed.

Lift from surroundings

75

On its own scale — not a percentage of anything, and not a grade. It describes how much fuel this path holds this week.

This tank neither brims nor sits empty in your reading; weigh this door and its companion as equals. This one opens outward: change what surrounds you before changing what you feel. Delete the cue instead of promising to resist it; put the running shoes where the phone used to sit; tell someone who will ask about it later. Grounded in stimulus-control practice, it spares you the wait for readiness — motivation arrives carrying receipts from actions already taken. Priced in: an awkward first week, arguments with rules you wrote, and the quiet law — it holds only while chosen; dropped before a why takes root, the habit walks back in.

Either path costs something at the start; here is the bill for this one. Expect a jagged first stretch: cravings that spike where the cue used to live, irritation at limits you set yourself, an itch to renegotiate the deal by Thursday. Expect doubt before evidence — the sense that nothing is moving yet. All of it is announced weather, chosen and dosed by you, and naming it in advance is what lets you walk through it.

 NOTES

The honest picture is a partnership. Structured action makes proof — I did it — and proof quietly becomes identity and a reason; the reason then chooses what to attempt next and holds steady on the days the structure gives way. Run either direction alone and it leaks: scaffolds rebound without a why, and a why burns out on discipline without scaffolds. Together they keep each other fueled.

No one here picks your path. You may begin with the room, begin with the reason, blend both from day one, or change lanes whenever a path stops fitting. The choice stays with you — that is the point.

 NOTES

How you recharge

- Wonder & beauty — **31.3%**
- ▨ Rest & body care — **25.0%**
- ▩ Absorption & flow — **18.8%**
- ▧ Other channels — smaller or level — **24.9%**

Your recharge mix, as your own preference answers order it. Where two channels come out level, the one shown by name is picked by a fixed internal order — not because it suits you better — so the grey share can hold a channel tied with a named one. Grey means smaller or level, never absent.

LEADS YOUR MIX Wonder & beauty 31.3%

Beauty does real work in your week — your answers place it first among the ways you recharge. A view held until thoughts run out, a piece of music met with full attention, one small made thing carried to done: these give energy back rather than costing it. Wonder is not a luxury in your mix; it is the front door of your rest. Days that include one moment worth being impressed by tend to return you to yourself.

This channel has a starting practice waiting in Weeks of change — this chapter only holds the mirror.

IN YOUR MIX Rest & body care 25.0%

Among the ways you refill, the body has its own voice. Your answers show that proper physical rest — unhurried sleep, warmth, a stretch, a genuinely slow hour — is part of how you come back. It sits ready in your mix on any ordinary day: one night ended early, one morning left unbooked, one small act of care your body will spend back with interest.

This channel has a starting practice waiting in Weeks of change — this chapter only holds the mirror.

IN YOUR MIX Absorption & flow 18.8%

Flow sits in your recharge mix — one of the ways you genuinely refill. Given a clear doorway and an uninterrupted stretch, you can still drop into one thing until it carries itself, and you come back restored rather than spent. This style asks only for a little protection: one task, one place, the phone somewhere else, and enough room for absorption to arrive on its own.

This channel has a starting practice waiting in Weeks of change — this chapter only holds the mirror.

NOTES

The portrait says how you come back. The next chapters say where the days go – first wide, then fine.

 NOTES

THE WIDE VIEW

Your five planes

What pulls at you

VULNERABILITY

Your answers say the screen is taking real things from you now — sleep, evenings, the space between one intention and the next. The pull is strong across several places at once, which is why single acts of resolve keep failing: each loop resets while you fight another. That is a mechanical fact about habits, not a verdict on you. Patterns this established still move, but they move through small, repeated structural changes. The facets below show which loops carry the most weight.

What you can lean on

WATCH

Your answers suggest the resisting muscles are there but partly out of practice. Some days you catch the pull early and redirect without effort; other days the same capacity simply does not report for duty. Nothing here reads as missing — it reads as quiet, and quiet is a different thing from absent. Capacities wake up quickly when they are used on purpose. The facets below show which strengths are closest to the surface, which is where waking them costs least.

P3

What it costs your work

WATCH

Your answers suggest your work is quietly paying for the pull. Deep focus arrives less often and leaves sooner; the space between interruptions has gotten too short for the hard tasks to fit in; the end of a workday takes longer to reach. The cost is real but not yet defining — days still land, just at a higher effort for the same output. That gap between effort and output is the thing to watch. The facets below trace where it opens widest.

 NOTES

What the world asks of you

RESOURCE

The asking from outside is real but mostly bounded. Your answers describe expectations that reach you — replies wanted sooner than is comfortable, some hours that are never entirely off — yet leave most of your time defensible. Surroundings like this stay livable as long as the boundaries that exist keep being honoured, by others and around you. The facets below show which channels press hardest and which genuinely respect the door. None of this pressure is a fact about you; it is a fact about where you live and work.

Each of these five opens into the specific patterns beneath it — that fine grain is next, one area at a time.

 NOTES

THE FINE GRAIN

Your facets, plane by plane

THIS CHAPTER, AT A GLANCE

What pulls at you — The weight of always being on, The pull of your phone, Life beyond the screen, Carrying on when it's costing you, Screens, health and your body, Your pull toward social media, Focus and attention, Stopping when you mean to, Approval and self-image online, Comparing yourself to others, Fear of missing out, Your body and its needs, Hostility and hurt online

What you can lean on — When being online is good for you, What keeps you going

What it costs your work — Getting work done

What the world asks of you — The pressure to be available

What pulls at you

The weight of always being on

Being reachable has become the water you swim in. Your answers gather around a schedule that rarely leaves a minute unclaimed — channels open at rest, the day filling before it starts, the ordinary business of keeping up asking for attention around the clock. Let this be said directly and kindly: watch duty around the clock is a heavy thing to ask of anyone, and the asking here is constant. Nothing in this reading is about you. A watch this thorough was trained by real demands — and it can be retrained the same way it was trained: in small, repeated, protected minutes.

TRY THIS — MICRO-PRACTICE

Start with ten minutes that are entirely yours. Same time every day — right after breakfast is easiest to keep — phone in another room, you with a coffee, a window, nothing to monitor. The practice is grounded in the vigilance loop: an all-clear must be rehearsed before the system believes it, and daily repetition is the rehearsal. Not an hour, not a purge. Ten minutes, same time, phone elsewhere — beginning tomorrow.

Why this works: An alert system stands down when it hears an all-clear — and always-on life never sounds one, because another message is always possible. So the watching continues, and the watching itself creates the feeling that watching is needed. This is a vigilance loop in plain words. The tiredness in your answers is the cost of a guard shift that never ends; it says nothing about the guard, and everything about the shift.

WHAT WE MEASURED

Too much to keep up with. Keeping up with everything digital is leaving you mentally overloaded on a regular basis.

Never quite switching off. The inner receiver is on almost around the clock right now, and real switching off has become rare.

NOTES

The pull of your phone

Right now, your answers suggest almost every uncomfortable feeling has the same destination. Stress, sadness, boredom, the conversation you cannot face — the phone receives all of it, and it swallows time whole: you look up and the evening has moved without you. We want to say this plainly and kindly at once. This pattern runs deep in your answers, and it is costing you real things — rest, presence, the relief that actually lasts. It is also one of the most workable patterns there is. It was built by small repetitions, and small repetitions are exactly what you can do.

TRY THIS — MICRO-PRACTICE

When the next hard feeling lands, borrow a body that is not the phone's. Keep one object where the phone usually sits — a pen and small notebook on the sofa arm works. When the ache comes, write one line about it before any screen: what it is, where you feel it. You can still check afterwards; the order is the practice. It is grounded in relief learning: naming a feeling gives it a first exit that is not the feed. One line first. Then choose.

Why this works: Here is the engine, in plain words: relief teaches. Each time a hard feeling meets the screen and goes briefly quiet, the brain learns the phone is the answer — psychologists call it negative reinforcement, and after enough repetitions the reach happens before the feeling is even named. Nothing about this is a character flaw; it is learning, done thoroughly. The hopeful part is exact: what repetition built, repetition revises — one unfed urge at a time.

WHAT WE MEASURED

Losing track of time. Whole stretches of the day disappear into the screen before you feel them going.

Soothing feelings with your phone. The phone has become the main place your feelings go, and your answers say it rarely leaves them lighter.

Scrolling for bad news. Your answers describe long stretches of scanning bad news for danger, and the scanning feeds the worry it looks for.

Hiding from awkward moments. Almost every awkward moment gets routed through messages now, and the in-person version rarely gets its chance.

Letting the urge pass. Urges are getting fed almost as soon as they arrive — the pause between urge and reach rarely gets a turn.

Life beyond the screen

Someone is talking to you, and the phone comes out — not for anything urgent, just out. The park is ten minutes away and has not seen you in a while. Your answers sketch a tug of war that the screen is starting to win on points: real things still happen, but they get the hours the feed releases rather than the hours you chose. Worth watching, honestly and without alarm — because the pattern is still light enough to move with small arrangements.

NOTES

TRY THIS — MICRO-PRACTICE

Give one offline thing the same status as a meeting. This week, put a single real-world appointment in the calendar — a walk, a swim, a friend, a bench in the sun — with a start time and a place. The practice is grounded in displacement: what is scheduled gets funded, and unscheduled hours are exactly the ones the screen absorbs. Book it now, for a day this week, and treat it as unmissable.

Why this works: Time online does not come from nowhere — it comes from somewhere. Displacement, in plain words: the day is a fixed budget, and every extra hour on the screen is quietly withdrawn from walks, faces, sleep or boredom, usually without a decision being made. That is why nothing feels chosen and yet the offline side keeps shrinking. Budgets drift until someone reads them; reading yours is what this section is for.

WHAT WE MEASURED

When the screen crowds life out. Screen time is regularly replacing closeness, and the offline things you love are losing their flavour.

Open to the moment. When you look up from a screen, the world usually has something for you.

Being there, in person. In-person time is thinning out, and even when you show up, part of you stays elsewhere.

Carrying on when it's costing you

There are two kinds of sessions in your answers. The common kind ends on your terms — fun had, nothing owed. The rarer kind slips: the game keeps going after the plan needed you, or the bet gets one more chance after the limit passed. You know both from the inside, which is its own kind of knowledge. The line between them, most weeks, is not willpower but circumstance — how tired you are, how the day went, what the session promised next.

TRY THIS — MICRO-PRACTICE

Put your limit somewhere your hands will find it. Before your next session, write the stop — the time, or the amount — on paper and set it under your phone, beside the mouse, on the controller. Grounded in how unpredictable reward captures attention: mid-session, the limit only exists if something physical brings it back. When the paper turns up, you don't have to re-decide anything. Read it, finish the round, and stand up.

Why this works: The sessions that overrun share a design: unpredictable reward. A round, a drop, a bet can pay off at any moment, and rewards that arrive on no schedule are the strongest teacher the brain knows — the same timing that keeps slot machines lit. On a rested evening your exit outruns that pull. On a drained one, the next maybe is exactly the size of your remaining resistance. The overruns are the design meeting your tiredness.

 NOTES

WHAT WE MEASURED

When it gets in the way and you keep going. Your answers say the content often keeps going after it has clearly started costing you something important.

When gaming gets in the way. Gaming stays in its lane, ending before it interferes with the things that matter to you.

Screens, health and your body

The overriding is getting regular. Your answers suggest discomfort has become part of the furniture of screen time — eyes burning and the scroll continuing, a back complaining to no one, sessions that end because the content ends rather than because you chose to stop. Meanwhile, health searches leave you more alarmed than they found you often enough to notice. Neither pattern is an emergency. Both are worth attention now, because both grow quietly and both shrink with small, physical arrangements.

TRY THIS — MICRO-PRACTICE

Route health worries to something that can actually close them. New rule, written where you will see it: one search, one trusted source — then the question goes into a note for a doctor, pharmacist or nurse line, not into a second search. The practice is grounded in negative reinforcement: each extra search pays in seconds and charges in hours, while a person can end the question. Write the one-line rule now.

Why this works: Both halves of this pattern run on short-term relief. Staying seated spares you the small effort of breaking absorption — the ache's bill arrives later. Searching again buys a moment of ease from uncertainty — then the worry re-opens, asking for another search. This is negative reinforcement in plain words: behaviour steered by the nearest relief, not the real cost. Such loops loosen when relief is arranged from somewhere that does not recharge them.

WHAT WE MEASURED

Pushing past the aches. You are pushing through screen-related aches more often than your body would choose.

Your pull toward social media

There may be a version of your day you keep intending to have — the one with the finished task, the present conversation, the earlier night — and the scroll keeps arriving in the middle of it. Your answers say the pattern is deep now: the feed answers stress, boredom, even happiness; going without feels physically restless; more time delivers less lift. Hold one fact close while reading this: platforms employ rooms of people to build exactly this loop, and you are one person. The way back is not a heroic quit. It is small, structural, and it starts with a single cue.

 NOTES

TRY THIS — MICRO-PRACTICE

Reclaim the first minutes of the day. Tonight, charge the phone outside the bedroom and put one specific thing on the pillow-side table instead: a book, a notepad, headphones with a downloaded album. Tomorrow, the day opens with that object, not the feed — a short while with it, then the phone if you want it. The practice is grounded in the cue-craving loop: the waking moment is the day's first cue, and whoever answers it sets the tone. Charger out, object in, tonight.

Why this works: Plainly: a cue-craving loop has matured. Cues everywhere — the phone itself, idle moments, feelings — each sparking a craving that checking relieves and thereby strengthens. The fading lift and the spring-back after cutting down are both classic marks of a well-trained loop, not marks of a weak person. What matters most: loops are unlearned where they are learned, at the cue. Change what sparks the craving, and the craving finally gets days off.

WHAT WE MEASURED

Social media on your mind. Thoughts about social media regularly pull your attention away from whatever is in front of you.

Turning to social media to feel better. Pushing feelings away with social media has become the main pattern, and your answers say it rarely leaves you lighter.

Restless without it. When you cannot check social media, restlessness arrives fast and settles in.

When it gets in the way. Social media regularly keeps running after it has started interfering with things that matter to you.

Trying to cut back. Cutting back keeps not holding, and each return to the old pattern makes the loop feel more fixed than it is.

Needing more to feel the same. Sessions have stretched over time because the old length no longer feels like enough.

Focus and attention

Notice what happens in the minute before hard work: the hand drifts to the phone, no notification required. Your answers suggest that pull is now part of your starting ritual — and that after each check, some attention stays behind in the feed, so you return to the task at less than full strength, occasionally losing the thread of what came next. None of this is rare, and none of it is settled. It is a habit of fragmentation forming, still shallow enough to interrupt.

TRY THIS — MICRO-PRACTICE

Give the pull a parking space. Tomorrow, put a notepad beside your working spot; when the urge to check rises mid-task, write the thing you want to check as three words and keep going — the note holds it so your head does not have to. Check the list when the stretch ends. The practice is grounded in attentional residue: an urge written down releases attention; an urge obeyed splits it. Three words on paper. Back to the line you were on.

 NOTES

Why this works: The cost is not the check; it is the residue. After each glance, part of your attention stays with what you saw — attentional residue — and the task in front of you runs on what is left. Stack a handful of glances across a morning and the whole morning runs at partial strength, which then makes the phone more tempting, not less. Your answers suggest that loop is starting to feed itself.

WHAT WE MEASURED

A mind pulled to pieces. Your answers describe workdays chopped into fragments, with part of your attention staying on the phone after every check.

Starting and staying with it. Most tasks get a clear start and a finished middle, even when the day tries to scatter you.

Stopping when you mean to

Right now, sessions mostly end because something outside you ends them — sleep that finally wins, a battery, a morning alarm — rather than because you chose the exit. Your answers say the stopping point you intend and the one that happens live far apart: in bed, after work, inside breaks that swallow the task they interrupted. We will say it directly, because it deserves directness: this is taking real hours from your sleep and your evenings, night after night. And it is not a verdict on your willpower. It is a trained loop meeting an untrained exit — and exits train.

TRY THIS — MICRO-PRACTICE

Let the phone sleep somewhere you do not. Tonight, before tiredness makes the decision for you, set up a charging spot outside the bedroom — hallway shelf, kitchen counter — and walk the phone there when you brush your teeth, making the two things one gesture. The practice is grounded in implementation intentions: pairing the exit with an existing habit means it happens without a midnight debate. If you wake reaching for it, the empty bedside table is the practice working. Teeth, then hallway. Every night this week.

Why this works: In plain words: feeds pay out like slot machines. The next swipe might be the good one — and 'might', delivered on an unpredictable schedule, is the strongest driver of keep-going the brain has. This is variable-ratio reward, and it explains the nights precisely: your intention to stop is a one-time decision, while the feed re-makes its offer every few seconds. Nobody out-argues that in real time; the way out is to stop holding the argument there.

WHAT WE MEASURED

Putting it down at the point you chose. Your chosen stopping point almost never wins right now — bed, sleep and plans get whatever the feed leaves.

NOTES

Approval and self-image online

There is a moment your answers know well: refreshing to see who has responded, and feeling your own value move with the answer. The need under this is entirely healthy — to be seen, received, approved of. What strains you is where the need is being fed: a counter that pays irregularly, an audience that sees only the brightened version, a performance that needs maintaining even on days with nothing bright in them. The strain is the gap — between being seen and being known. Your answers suggest the gap is wide right now.

TRY THIS — MICRO-PRACTICE

Give the exam one closed day. Choose tomorrow or the day after: no posting, no checking reactions to anything already posted — one day where nothing about you is being graded. Put the apps in a folder for the day and tell yourself the true sentence: 'the counter is closed.' Notice what your mood does with no scores arriving. The practice is grounded in contingent self-worth: a peg loosens fastest when checking is fully paused, even briefly — partial checking keeps it fed. One closed day this week.

Why this works: The engine is contingent self-worth: your feeling of being enough has become pegged to reactions. Because reactions arrive unpredictably, the peg demands constant checking — and each reassuring check deepens it, like any reassurance loop. The happier-than-real presentation is the same engine protecting its supply: bright posts earn steadier reactions. None of this means the need is false. It means the need is being fed at an unreliable source.

WHAT WE MEASURED

Needing the reactions. A quiet post genuinely stings now, and checking reactions has become a way to steady yourself.

Performing a happier you. Keeping the online version happier than the real one has become steady, tiring work.

Comparing yourself to others

It may have been a while since a scroll left you feeling fine about yourself. Your answers say the comparisons now reach the tender places — how you look, what you have done, whether your life counts — and that they visit daily. We will not pretend that is small; living under constant unfavourable comparison wears anyone down. But notice what your answers do not say: they do not say anything is wrong with your face, your pace or your days. They say a rigged scale has been left running. Scales can be put down. Yours especially — it was never weighing anything true.

 NOTES

TRY THIS — MICRO-PRACTICE

Give yourself one feed-free morning tomorrow — not forever, just the first hour. Before bed, put one kind thing where the phone usually is: a note with a plan for the morning, a book, the makings of a proper breakfast. Let the day's first verdict about you come from your own morning, not the parade. The practice is grounded in social comparison: mornings set the day's reference point, and you deserve one your life can actually win. Phone parked tonight. Your hour first.

Why this works: In plain words: social comparison is automatic — minds measure themselves against whoever is in view — and your view has been filled with edited bests. Run automatically, daily, against impossible material, the mechanism produces exactly what your answers describe: a self-image that keeps losing rounds it never agreed to enter. Not because of what you are, but because of what the lineup is. That is the leverage: the reflex is built in; the lineup is yours.

WHAT WE MEASURED

Measuring up to other people's feeds. Almost every scroll ends in comparison now, and your own life keeps losing a match it never agreed to.

Fear of missing out

Read your answers and a trade appears: real moments, shortened, exchanged for reassurance that does not last. The fear that something is passing without you has grown loud enough to interrupt what is actually happening with you — and the interruptions mostly find nothing that needed you at all. You may have noticed the strange arithmetic: the more you check, the more there seems to be to miss. That arithmetic is the mechanism talking, and it can be turned around.

TRY THIS — MICRO-PRACTICE

Tomorrow, run one timed absence. Choose a pleasant hour, park the phone in another room, and put a sticky note where the phone was: 'back at the hour I chose'. Each time the missing-something feeling spikes, look at the note — that is the loop meeting a closed door. When the hour arrives, check, and write one word for what you actually missed. The practice is grounded in open loops: scheduled closure plus boring evidence teaches the mind to file 'away' under 'safe'. Note up. Hour kept.

Why this works: The engine is an open loop that checking keeps reopening. The mind treats the unseen feed as unfinished business — and unfinished business claims attention until it is resolved. But each check resolves it for only a moment while confirming its importance, so the loop returns sooner and louder. That is why relief never lasts. The loop closes for good only one way: repeated, structured proof that away-time costs you almost nothing.

WHAT WE MEASURED

Missing out — and letting it go. Away from the phone, the sense of missing something important rarely leaves you alone.

 NOTES

Your body and its needs

The signals are arriving late, and getting later. Your answers suggest thirst, hunger and tiredness now reach you mostly at full volume — the headache stage, the shaky stage, the gritty-eyed stage — because screen time holds the channel they travel on. And the drained hours have a pull of their own: low energy makes the feed the path of least resistance, which restores nothing and delays everything. Worth attention now: bodies keep accounts, and this one is quietly filling a column.

TRY THIS — MICRO-PRACTICE

Make the body's needs visible so they compete. Tonight, set up the drained-hour station: water, a piece of fruit, and the thing that actually refills you — the book, the mat, the walking shoes — placed within arm's reach of your usual evening seat. The practice is grounded in pseudo-rest: occupation wins by being nearest, so put restoration nearer. Build the station tonight; it takes five minutes.

Why this works: Scrolling feels like rest because it is effortless — but it spends the same attention that rest is meant to refill. Pseudo-rest, in plain words: the posture of a break with none of the recovery, which is why an evening of it leaves you tired in the same places. The body asked for restoration; it received occupation. The gap between those two is exactly the tiredness you are carrying.

WHAT WE MEASURED

Noticing what your body is telling you. The body's quiet signals — thirst, hunger, tiredness — are arriving later and getting answered slower.

Hostility and hurt online

Hostile words are costing you real days. Your answers say an unpleasant comment can stay with you long after the screen goes dark — replayed at night, argued with in your head, revisited in the morning — and that when things turn nasty you often face it without a ready move and sometimes without telling anyone. Read this with care, not alarm: nothing here is fragile about you. Words in writing are heavy to carry alone, and every part of this pattern — the replaying, the lack of a plan, the aloneness — has a small, direct remedy.

TRY THIS — MICRO-PRACTICE

Stop carrying it alone. Choose your person now — the one you would trust with something embarrassing — and make one agreement with yourself: anything online that stings gets told to them within a day, in two sentences or ten. The practice is grounded in rumination: a loop spoken aloud loses its privacy, and privacy is what loops feed on. Send that person a message today, even just to say hello.

NOTES

Why this works: Replaying feels like solving. Each pass promises the sentence that would have won, the meaning that would finally settle it — so the mind keeps scheduling another pass. This is rumination in plain words: a loop that presents itself as work while re-opening the wound it claims to close. Nothing useful arrives on the tenth replay that was not there on the first. The loop ends not by winning the argument, but by exiting it.

WHAT WE MEASURED

Shaking off an online sting. Online stings are sitting in you for a long time right now, and settling again takes real effort.

Standing steady when it turns nasty. When it turns nasty online, you are largely improvising alone right now.

[illegible]

What you can lean on

When being online is good for you

Right now the internet is mostly traffic for you. Messages get answered, feeds get walked, and very little of it leaves warmth behind: your answers suggest online conversation rarely reaches the feeling of genuine contact anymore, and the making-and-sharing side of you has been offline for a while. Read this as absence, not damage. The capacity for screens to feed you — real talk, real making — is a strength that has gone quiet, and quiet strengths are recoverable. What's missing isn't willpower; it's occasions, and occasions can be built small.

TRY THIS — MICRO-PRACTICE

Shrink the first move until it's nearly free. Choose one person who matters and draft — right now, not later — the opening line of a real message. One line only; save it if you can't send it yet. Grounded in the effort asymmetry: the whole nourishing side of online life hides behind first moves, and a first move already half-made tends to get finished. Tomorrow, send the line. Let whatever follows follow.

Why this works: Underneath this is a simple effort asymmetry. Consuming is engineered to cost nothing: the feed loads itself. Connecting and creating always cost a first move — typing the honest sentence, opening the project — and when your energy is low, the costless option wins by default, every time. So the nourishing uses don't get rejected; they just never get initiated. Which means the answer is not more discipline about consuming less. It is making the first move smaller.

WHAT WE MEASURED

Feeling closer through a screen. Online conversations connect you sometimes, but the closeness is thinner than it could be.

Making and sharing what you love. Online spaces are currently places you consume, and rarely places where you make or share anything of your own.

What keeps you going

The fuel is there, but it flickers. Some days your answers find a clear line to what matters and the digital noise arranges itself around it. Other days the line goes faint — screens fill the space where the sense of purpose was, and a slip in a habit you're changing brings the harsh voice out before the kind one. Neither state is the whole story. What's worth attention now is which one gets fed, because whichever gets rehearsed becomes the default.

NOTES

TRY THIS — MICRO-PRACTICE

Give what matters the first word of the day. Tomorrow morning, before any feed opens — this is the whole trick — say or write one sentence: today, this matters. Name a person, a piece of work, a state of body or mind. Grounded in goal salience: the first input of the day claims disproportionate space, and right now the feed usually files first. Take the slot back. One sentence, before the first unlock.

Why this works: The mechanism to know here is goal salience: what matters pulls on behavior only while it is mentally in view, and screens are engineered to fill the view. It isn't that your values weaken; they get outshouted. Meanwhile a slip with no visible why nearby is much easier to read as personal failure. Both halves of this capacity fade for the same reason — not loss, just eclipse. The counter-move is re-surfacing, on purpose, daily.

WHAT WE MEASURED

A sense of what matters. What matters to you is mostly in view, and mostly carries you through the drained days.

Being kind to yourself. After a slip, self-criticism arrives faster than the next attempt does.

 NOTES

What it costs your work

Getting work done

The bill is arriving regularly now. Your answers say checks during important work are being repaid with your own time — the evening absorbing what the afternoon lost, the hurry after each detour, the task that ends at good-enough instead of good. Sometimes the easier task wins over the important one after a check breaks the momentum. None of this shows up in any single day as a crisis; it shows up across weeks as a pattern, and your answers hold the pattern clearly enough that it's worth acting on now, while it's habits and not yet reputation.

TRY THIS — MICRO-PRACTICE

Give your most important task one clean hour with the phone in another room. Not silenced, not face-down — another room, tomorrow, at a time you name right now. Grounded in switch cost: distance turns a reflex into a decision, and most checks don't survive becoming decisions. One hour is small enough to be real and big enough to feel the difference clean attention makes. Name the hour. Move the phone. Start.

Why this works: The engine of the leak is switch cost. The brain doesn't multitask; it alternates, and every alternation charges twice — once leaving the task, once rebuilding it. Deep work charges most, which is why the damage in your answers concentrates on important tasks: shallow work reloads cheap, real work doesn't. And each completed check trains the next one to feel normal. The pattern isn't a character issue. It's arithmetic — and arithmetic responds to changing the inputs.

WHAT WE MEASURED

The hidden cost of catching up. The time lost to checks gets repaid from your evenings and energy, and the debt is growing.

Whether the work still holds up. After checks, tasks are more often left easier, later or slightly thinner than you intended.

 NOTES

What the world asks of you

The pressure to be available

The asking is mostly manageable — with gusts. Your answers describe stretches where the phone behaves like a tool, and stretches where the world leans in: a channel that expects fast answers, days when requests land mid-task and want handling immediately, personal messages threading through work hours with quiet deadlines of their own. You're not swamped; important work mostly survives unbroken. But the gusts are real, and your answers suggest it's the environment's weather, more than your steering, that decides which kind of week you get.

TRY THIS — MICRO-PRACTICE

Negotiate one hour into the calendar where the world agrees not to ask. Choose your most interruption-costly hour and make it official with the people it affects: a status, a calendar block, a sentence to the colleague or family member most likely to ping — that hour, I answer after. Grounded in expectation training: pressure adapts to stated boundaries far more readily than to silent hopes, and one negotiated hour shows it to both sides. Book it this week.

Why this works: The gusts run on expectation training: every fast reply quietly teaches senders that fast is normal, and taught expectations escalate on their own — what was quick becomes standard, then owed. Nobody decides this; it emerges from accumulated responses, yours and everyone's. That's why pressure creeps upward in most environments unless something pushes back. The push-back isn't rudeness. It's re-teaching, and it works in small doses.

WHAT WE MEASURED

Demands that reach you through your phone. Demands arrive through your phone steadily, but mostly wait their turn instead of interrupting your focus.

One layer of the mirror remains: what happens to all the things a day opens and does not finish.

NOTES

THE FINE GRAIN — YOUR DAYS

How your days close

The numbers on these pages come from your own answers and summarise them. They are not a measurement of you.



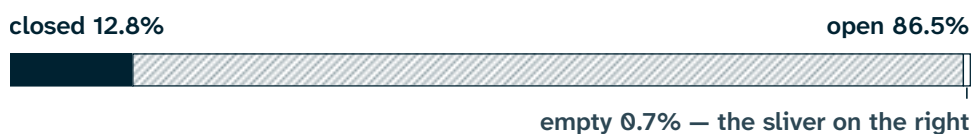
Three closure readings, each drawn on its own full scale — the filled share is the reading itself. Descriptive, never a grade: all three sit low, which is exactly what the text below explains.

Willing closure. The first bar looks at your working screen time and asks one question of it: how much of that time sits in things that can actually finish? A message thread you see through and close, a document you hand over, a task someone else is waiting to receive — these have endings, and reaching them is what lets work leave your head. The rest of working time — checking, monitoring, grazing an inbox that refills as fast as it empties — only ever pauses. The bar you see is simply your own working time, divided between the two. A fuller bar means more of your work lives in things that end; a shorter bar means more of it lives in things that merely stop when you are interrupted. Neither is a grade. It is a map of where, in your work, the endings currently sit.

Closure under load. The second bar asks the same question of the time you spend on content — watching, reading, playing, scrolling. Some formats end on their own: an episode rolls its credits, a match has a final whistle, an article runs out of page. You can stay past the ending, but the ending arrives and offers you a door. Other formats are built without doors: the feed refreshes, the autoplay continues, the stream goes on until you leave. This bar shows how your own content time divides between formats that end and formats that don't. It carries no judgement about what you watch or enjoy — the question is never taste, only architecture: when you sit down with this, does anything in it ever say 'the end'?

 NOTES

Involuntary re-opening. The third bar is different in kind, and it may be the most important of the three. It looks at the natural gaps every day contains — waiting for something, moving between places, the first minutes after waking, the last before sleep, the coffee, the chores — and asks how many of them stayed genuinely empty. Empty has a strict meaning here: nothing running. A walk with a podcast is not an empty gap; a queue with a feed is not an empty gap; a kitchen with the radio on is not an empty gap. Input of any kind, however gentle, keeps the mind receiving. This bar rises with emptiness kept, because the empty moments are where a full day finally drains — where finished things get filed and unfinished things stop clamouring. It is the one bar that measures what you didn't do, and keeping it tall costs nothing at all.



■ closed — 12.8%

▨ open — 86.5%

□ empty — 0.7%

The mix of finished, still-open and idle stretches in a typical day, from your answers.

Read the picture of your day gently, because it describes a structure, not a person. Most of what fills your time has no ending you could have named before starting — work that only pauses, content that continues unless you leave it. And the moments that could empty the day — the waits, the walks, the edges of sleep — are filled too, with something always running. So the day fills and rarely empties: loops open, stay open, and travel with you into the evening. If your weeks have felt like they never quite end, this picture is the reason — and notice that everything in it is about where the endings sit, not about your strength or discipline. Structures like this are built by the formats around you, and they can be rebuilt.

NOTES

OPEN LOOPS WAITING ON SOMEONE ELSE — 3-5 AT THE TIME YOU ANSWERED

One kind of open loop deserves its own line, because it is not yours to close. The message sent and awaiting a reply. The work delivered and awaiting a verdict. The application, the offer, the result someone else will announce when they announce it. The figure beside this line counts how many such loops were waiting on someone else at the time you answered. Loops like these occupy the mind out of all proportion to their size, precisely because no amount of your own effort can close them — finishing harder does nothing to a thing that is already finished and merely unanswered. They respond to one thing only: being parked well, with a named place and a named moment you will look again. Until then, the healthiest relationship with this line is recognition — these are the loops that hum in the background, and now they have a name.

ONE BOUNDARY, DRAWN IN YOUR FAVOUR

Before anything in this chapter turns into advice, one boundary has to be drawn, in your favour. If much of your time sits in things without endings, that is the expected result of the formats that fill a modern week — work delivered as a stream, leisure delivered as a feed — and it is what these measurements predict for anyone whose days are built from such formats. It is not a character reading. Nothing on this page measures willpower, discipline or seriousness, and no bar here has a moral. This matters practically, not just kindly: the standard advice — just stop, log off earlier, be stricter with yourself — often does not hold in these formats for most people who try it, and that is expected and predicted, because the advice asks a person to supply an ending the format refuses to contain. When that advice has failed you before, the failure was located in where the ending sits, not in who you are.

WHERE THIS CHAPTER MEETS THE REST OF YOUR REPORT

Set this chapter beside the earlier finding of strain, and look at the content side of your day. Much of what you watch and read arrives in forms without endings — and a strained capacity living next to endless formats is rarely a coincidence, because those formats are precisely the ones that keep taking after you have nothing left to give. An episode that ends returns your evening to you; a feed that doesn't will spend whatever you bring to it. So the order of work here is structural first: move some of your leisure into forms that finish, and let their endings do the guarding that tired resolve cannot. This is not a call to enjoy less — closed forms are not lesser pleasures, and a film is not a compromise. It is a call to let your evenings contain doors, so that leaving becomes something that happens to you rather than something you must perform.

 NOTES

The mirror is complete. One page now gathers what all of this costs – and why that is good news.

 NOTES

THE TURN

What the noise is costing you

Everything so far has been a mirror. This page is the bill — a few sentences from your own facet readings, gathered in one place so the price is visible whole. They are quoted exactly as they appear in the fine-grain chapters; nothing here is new, only collected.

“It may have been a while since a scroll left you feeling fine about yourself.”

— FROM “COMPARING YOURSELF TO OTHERS”, IN YOUR FACET PAGES

“Right now, sessions mostly end because something outside you ends them — sleep that finally wins, a battery, a morning alarm — rather than because you chose the exit.”

— FROM “STOPPING WHEN YOU MEAN TO”, IN YOUR FACET PAGES

“Right now, your answers suggest almost every uncomfortable feeling has the same destination.”

— FROM “THE PULL OF YOUR PHONE”, IN YOUR FACET PAGES

“Being reachable has become the water you swim in.”

— FROM “THE WEIGHT OF ALWAYS BEING ON”, IN YOUR FACET PAGES

 NOTES

ORIENTATION

About this report

Two voices wrote this report, and neither could have written it alone.

The first voice is yours. Your answers — laid side by side and read closely — show a pattern no single question could: where your days leak energy, and where it comes back.

The second voice took longer to arrive, and it is ours: the association HDI – Human Digital Intelligence. Our work on how digital life bends a person stands behind this reading — and behind us, the researchers whose published findings are woven through these pages; you will meet them by name at the end. On its own, that voice knows a great deal about people in general and nothing about you.

The report is the place where the two meet. Your answers lead; the research answers back — a step, a counter-step — and what comes out of that exchange is not a grade and not a verdict. It is a reading, honest about its own limits: where your answers disagree with each other, the report says so instead of smoothing it over.

 NOTES

THE RECEIPTS

Why you can trust this

Nothing in this report asks to be taken on faith. This chapter holds the receipts: the published research behind your reading.

The instrument itself is young, and says so rather than hiding it: in its pilot, 148 participants — students, staff and professors — completed 279 scored test runs. Small enough to be honest about, real enough to read you with.

THE PERSON BEHIND THE READING

A method can be checked; a name can be held to account. The reading model in these pages was built by the association **HDI – Human Digital Intelligence**. Every claim in this report is our responsibility before it is anyone else's; if one of them seems wrong to you, the address at the end of this report reaches us, not a system.

The research behind your reading

These are the published works the pages of your reading rest on.

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The practices in these pages are of one class only: the small “Try this” experiments inside the facet chapters, grounded in the mechanism named beside each one — offered because the mechanism is established, not as practices with their own trials behind them. The studied practices, each marked and resting on the published work it names, are in Weeks of change.

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WHAT HAPPENS NEXT

Three small moves from here

1 · START

Pick a Monday — the nearest one is fine — and open week one of Weeks of change. It asks for one small practice on most days, nothing more. The two cut-out pages at the back of Weeks of change are there so the plan can live on the fridge and the rules on the wall, instead of in your head.

2 · RE-MEASURE

At the end of week six, take the assessment again and set the new report beside this one. The comparison, not the memory, tells you what actually moved — and what belongs on next quarter's map.

3 · ASK

Questions about this report, the practices, or the letter for a professional: **info@hdi.vision**. A person reads that inbox, not a system.

These pages were written from your answers. Your name is on them, because they were written for you. Your raw answers are not in them.

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