

Digital Mirror



From the story “Standing Room” in your book. The pictures in this book were made with AI image generation (OpenAI) to go with the stories. The people in them are not real.

The Digital Mirror shows every answer you gave, theme by theme. It does not compare you with others or diagnose anything; it shows where your answers cluster.

How to use

1. Look at the colours below: themes marked “Work on this” are the place for a first step.
2. Find each theme's table further down: it shows which of your answers pointed to it.
3. In “What helps”, pick one model and try it for a week.

▲ Your pull toward social media	▲ The weight of always being on	● Carrying on when it's costing you
▲ The pull of your phone	◆ Focus and attention	▲ Stopping when you mean to
▲ Comparing yourself to others	▲ Hostility and hurt online	◆ Life beyond the screen
◆ What keeps you going	▲ Getting work done	◆ The pressure to be available

Legend: ▲ Work on this ◆ Keep an eye on ● Going well

Dots: red = less favourable answer, green = more favourable.

What always helps

3E · Environment · Energize → Empower

Environment: arrange your space so the good choice is the easy one · **Energize**: act first; the feeling follows · **Empower**: the change becomes yours

3M · Meaning · Momentum → Mastery

Meaning: know why it matters to you · **Momentum**: keep going, and start again kindly after a slip · **Mastery**: setbacks stop deciding for you

Your pull toward social media

Question	Your answer (● less favourable … ● more favourable)
Trying to cut back on social media	● ○ ○ ○ ○
Social media clashing with your tasks	○ ● ○ ○ ○

▲ Work on this

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.

What helps

Reclaim the first minutes of the day.

The weight of always being on

Question	Your answer (● less favourable … ● more favourable)
Staying alert for messages	● ○ ○ ○ ○
Too many messages and groups	○ ● ○ ○ ○

▲ Work on this

Being reachable has become the water you swim in.

What helps

3F · Filter · Focus → Flow

Filter: let in only what matters · **Focus**: one task at a time · **Flow**: deep absorption in something worth doing

3S · Separation · Solitude → Success

Separation: distance from the phone · **Solitude**: time alone, without distraction · **Success**: you steer your day again

Let one person hold the watch for you.

Carrying on when it's costing you

Question	Your answer (● less favourable … ● more favourable)
Gaming when it clashes with life	○ ○ ○ ○ ●
Carrying on when it clashes with life	○ ● ○ ○ ○

● Going well

Two different things sit in your answers here, and they do not point the same way.

Keep what works.

The pull of your phone

Question	Your answer (● less favourable … ● more favourable)
Waiting out the urge to check	● ○ ○ ○ ○
Phone when your mood drops	● ○ ○ ○ ○
Phone to calm stress	● ○ ○ ○ ○
Phone when there is nothing to do	● ○ ○ ○ ○
Enjoyable activity instead of the phone	○ ● ○ ○ ○
Setting up your space against distractions	○ ● ○ ○ ○

▲ Work on this

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

What helps

3S · Separation · Solitude → Success

Separation: distance from the phone · **Solitude**: time alone, without distraction · **Success**: you steer your day again

Start with one protected pocket of time — small enough to win.

Focus and attention

Question	Your answer (● less favourable … ● more favourable)
Urge to check phone without a ping	○ ● ○ ○ ○
Small checks before starting a task	○ ● ○ ○ ○
Staying with a task until done	○ ○ ● ○ ○
Picking what matters most first	○ ○ ○ ● ○
Deciding when and where to start	○ ○ ○ ● ○

◆ Keep an eye on

Notice what happens in the minute before hard work: the hand drifts to the phone, no notification required.

What helps

3F · Filter · Focus → Flow

Filter: let in only what matters · **Focus**: one task at a time · **Flow**: deep absorption in something worth doing

3A · Awe · Alertness → Achievement

Awe: something bigger than you · **Alertness**: attention out, here and now · **Achievement**: doing something that means something to you

Give the pull a parking space.

Stopping when you mean to

Question	Your answer (● less favourable … ● more favourable)
Short break that turns into a long one	● ○ ○ ○ ○
Scrolling in bed past bedtime	● ○ ○ ○ ○
Fast content past your planned stop	● ○ ○ ○ ○

▲ Work on this

You may know the feeling of watching yourself keep scrolling — some part of you already standing up, the rest still there, thumb moving.

What helps

3S · Separation · Solitude → Success

Separation: distance from the phone · **Solitude**: time alone, without distraction · **Success**: you steer your day again

Win one exit tomorrow — just one, chosen for smallness.

Comparing yourself to others

Question	Your answer (● less favourable … ● more favourable)
Others' online lives and your own	● ○ ○ ○ ○
Edited photos and your looks	● ○ ○ ○ ○
Others' successes seen online	● ○ ○ ○ ○

▲ Work on this

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

What helps

3S · Separation · Solitude → Success

Separation: distance from the phone · **Solitude**: time alone, without distraction · **Success**: you steer your day again

Give yourself one feed-free morning tomorrow — not forever, just the first hour.

Hostility and hurt online

Question	Your answer (● less favourable … ● more favourable)
Replaying unpleasant online chats	● ○ ○ ○ ○
Mean comments that stay with you	○ ● ○ ○ ○
Having a plan when chats turn nasty	○ ● ○ ○ ○
People to tell when upset online	○ ● ○ ○ ○
What strangers write about you	○ ● ○ ○ ○

▲ Work on this

The exchange ended days ago, and it is still running — in the shower, on the commute, in the minutes before sleep, you are still in it, still composing the answer that would have settled it.

Life beyond the screen

Question	Your answer (● less favourable … ● more favourable)
Time with people in person	● ○ ○ ○ ○
Time in nature	○ ○ ● ○ ○
Giving full attention to a person	○ ○ ● ○ ○
New ideas when you are bored	○ ○ ● ○ ○
Noticing things around you after a break	○ ○ ○ ● ○

◆ Keep an eye on

Someone is talking to you, and the phone comes out — not for anything urgent, just out.

What helps

3A · Awe · Alertness → Achievement

Awe: something bigger than you · **Alertness**: attention out, here and now · **Achievement**: doing something that means something to you

3B · Basics · Body → Balance

Basics: sleep, meals and rest without a screen · **Body**: move in your free time · **Balance**: a body that can switch off and recover

3O · Others · Outdoors → Outstanding

Others: people, face to face · **Outdoors**: time outside, in nature · **Outstanding**: feeling fully alive

3S · Separation · Solitude → Success

Separation: distance from the phone · **Solitude**: time alone, without distraction · **Success**: you steer your day again

3F · Filter · Focus → Flow

Filter: let in only what matters · **Focus**: one task at a time · **Flow**: deep absorption in something worth doing

Give one offline thing the same status as a meeting.

What keeps you going

Question	Your answer ● less favourable … ● more favourable
Trying again kindly after a slip	○ ● ○ ○ ○
Knowing what matters when drained	○ ○ ○ ● ○

◆ **Keep an eye on**

Reading your answers, the picture is of a compass in a pocket: real, working, and not consulted very often lately.

What helps

3S · Separation · Solitude → Success

Separation: distance from the phone · **Solitude**: time alone, without distraction · **Success**: you steer your day again

3A · Awe · Alertness → Achievement

Awe: something bigger than you · **Alertness**: attention out, here and now · **Achievement**: doing something that means something to you

After the next slip, run the two-line protocol.

Getting work done

Question	Your answer ● less favourable … ● more favourable
Using rest time to catch up	○ ● ○ ○ ○
Switching to an easier task	○ ● ○ ○ ○
Work quality after phone checks	○ ○ ● ○ ○

▲ **Work on this**

Somewhere along the line, catching up became part of the job.

What helps

3F · Filter · Focus → Flow

Filter: let in only what matters · **Focus**: one task at a time · **Flow**: deep absorption in something worth doing

Reclaim one evening this week, fully.

The pressure to be available

Question	Your answer ● less favourable … ● more favourable
Pressure to answer quickly	○ ○ ● ○ ○
Personal messages delaying work	○ ○ ● ○ ○
Expected to be always reachable	○ ○ ○ ● ○

◆ **Keep an eye on**

The world's asking has grown loud enough to notice.

What helps

3F · Filter · Focus → Flow

Filter: let in only what matters · **Focus**: one task at a time · **Flow**: deep absorption in something worth doing

3O · Others · Outdoors → Outstanding

Others: people, face to face · **Outdoors**: time outside, in nature · **Outstanding**: feeling fully alive

Make the urgent path explicit, and free every other channel.