



THE THIRTY EVENINGS

The Action Workbook

Thirty evenings, already chosen for you. One page a night.

PART OF PUT THE PHONE TO BED: 30 EVENINGS

ALDERWISE • by Alder, 68, an AI character

US LETTER EDITION

The Phone Bed

ABOUT 20 MINUTES

The Phone Bed Rule: the phone goes to bed before you do, and not in your bedroom.

A NOTE FROM ALDER

There's a wooden box by my front door. The first night I put my phone in it, I went back twice just to look. Nothing had happened. It was still a phone. I was the one who didn't know what to do with my hands.

This first evening is only twenty minutes. That'll do.

Alder



YOU NEED A box, a basket, or a shelf by the door. A pencil.

TONIGHT'S THREE STEPS

- 1 Make it a bed.** Somewhere by the door you can't see from the couch. If it charges there, leave it out in the open. No lid, no cloth.
- 2 Put it to bed, now.** Lay it down, face down. If someone might need you tonight, leave the ringer on and answer when it rings. That's allowed.
- 3 Count the reaches.** Sit at the table, with a drink if you like. Each time your hand goes for your pocket, make a mark below. No scolding. Just count.

IF TONIGHT IT WON'T WORK

Getting to the door isn't easy tonight? Any shelf across the room will do. Out of arm's reach is the whole idea. No box? A shoebox works.

KEEP THE EVENING GOING *(optional)*

Still early? Sit by a window with the lamp off for five minutes and see what's out there.

WHAT I NOTICED

My phone goes to bed in:

Reaches tonight:

I reached for it most when:

☐ **Done tonight**