

THE

UNLOOP METHOD

A simple 7-day guide to understanding and interrupting unwanted digital habits.

START HERE

You don't need a perfect streak. Start by understanding what happens between a trigger and your response.



THE KEY IDEA

An urge is not the same thing as an action.

You may not control when an urge appears. You can practice choosing what happens next.

STEP 01

Interrupt the loop

Don't solve forever. Create a small gap between impulse and action.

01

NOTICE

"I'm having an urge. I don't have to act on it immediately."

Notice it without arguing with yourself.

02

MOVE

Change your environment.

Put the phone away, leave the room, step outside, or move somewhere more open.

03

CHOOSE 10

Pick one small alternative.

Walk, shower, pray or meditate, exercise, call someone, read, clean, or do a meaningful task.

EARN

WORK FIRST. REWARD LATER.

BUILD YOUR PERSONAL INTERRUPT

My common trigger

When it happens, I will immediately

For the next 10 minutes, I will

STEP 02

A slip is information

One difficult moment does not erase everything you've learned.

OLD STORY

"I slipped, so I'm back at zero."

TRY A MORE USEFUL QUESTION

Instead of "What's wrong with me?" ask: "What happened, and what can I learn from it?"

1

What triggered me?

2

What was I feeling before it happened?

3

At what point could I have interrupted the loop?

4

What will I change next time?

MEASURE MORE THAN A STREAK

Notice frequency, urge intensity, repeating triggers, successful alternative responses, and improvements to routines or environment.

STEP 03

Your 7-day Unloop Challenge

One small practice each day. Keep it simple enough to actually do.

01

OBSERVE

Write down your most common triggers.

02

INTERRUPT

Create one 10-minute response for your strongest trigger.

03

ENVIRONMENT

Make one useful change to your environment.

04

EARN

Complete one meaningful activity before an effortless reward.

05

NOTICE

Pause when an urge appears before deciding what to do.

06

REFLECT

Write what worked, what didn't, and what you learned.

07

REVIEW

Look at the whole week - not whether it was perfect.

DAY 7 QUESTION

Do I understand my patterns better than I did seven days ago?

CONTINUE WITH UPLIFTBUDDY

Put the same system into practice every day.

Daily check-ins | Journal | Recovery Plan | EARN | Urge SOS | Recovery Radar | Iro

Start at upliftbuddy.com ->

UpliftBuddy is a self-help and habit-support tool. It is not medical treatment or a substitute for professional mental-health care.