



---

# Your Daily Practice

## Episode 11

### What's Up With Dr. Jud? Digital Distraction

---

If you are distracted by your phone or digital devices it's not your fault. We live in an attention economy where your attention is a commodity and people are working hard to capture it. Your phone and devices are set up to be intermittently reinforcing, which is the strongest type of reward based learning. Here are some tips from the Your Life in Process podcast episode on Digital Distraction with Dr. Judson Brewer to get back control of your attention and your life!

### 3 ACT Processes to Help You Reclaim Your Attention From Technology

1. **Mindfulness:** Bring your attention back to the present moment when you notice your attention is scattered or rigidly focused
2. **Values:** Know why it's important to you personally to be present
3. **Committed Action Plan:** Make a commitment and a plan to live out these values with your behavior

### Your Committed Action Plan for Digital Distraction

1. Choose an area where digital distraction is getting in the way of you being present. Write down the values that you want to pursue in this area, that your phone or device is distracting you from.
2. Write down the new behavior that you want to do that aligns with your values.
3. Write down how you will set up your environment to support your behavior. For example, put your phone in focus mode, put your phone physically away from your body where you can't see it, turn off notifications.
4. Monitor your progress daily for 1 week. On a scale from 0-10 how well were you able to carry out your digital distraction plan? Check your device to monitor your use. Has it decreased during the times of day you would like to be focused on something else?