

Digital Detox OS

AI Prompt Pack

AI Demand-Reduction Support

Bounded support for digital noise, notification pressure, feed spirals, bedtime inputs, calmer defaults, reachability without invasion, lower input, and screen reentry.

My space can get quieter without me disappearing from life.

Not monk mode. Not moral detox. Not delete-your-life advice. Not a productivity challenge.

Eight bounded systems. Copy, paste, reduce demand, stop.

Your space can get quieter

If you are opening this while notifications feel like pressure, feeds pull you in, bedtime gets eaten by screens, quiet feels uncomfortable, or you want to be reachable without being invaded — this was made for that kind of digital pressure.

You do not need to delete your apps. You do not need monk mode. You do not need a 30-day detox. You do not need to prove discipline.

This is a **demand-reduction AI toolkit**.

Short contained cycles: **name the noise** → **sort one boundary** → **one calmer default** → **stop**

You can: use one system only · stop mid-prompt · paste fragments · return later without catching up.

There is no wrong door.

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Nothing right now?

If opening AI itself feels like more demand, close this pack.

Nothing else is required.

No prompt.

No settings.

No explanation.

No decision.

Return whenever you want.

Need a person instead?

This pack can wait.

If the issue involves:

- a person you need to coordinate with
- workplace/school obligations
- caregiving or access needs
- harassment or coercive contact
- safety or crisis concerns

use the appropriate trusted person, workplace/school support, professional, safety, or emergency pathway.

You do not need to complete an AI exercise first.

How to use this pack with AI

Before you paste

1. Pick the system that matches the digital pressure you feel — or let the Router pick one.
2. Copy the full prompt block, including the rules.
3. Do not ask AI for a giant settings overhaul when you are already overloaded.

Privacy

Do not paste:

- passwords
- 2FA codes
- account numbers
- full private message threads
- confidential work/school material
- private medical/care details
- other people's sensitive information unless you have permission

Use labels instead: "work chat" · "family group" · "news app" · "shopping app"

Reducing identifying details lowers exposure but does not guarantee anonymity. Your AI provider's own storage, retention, training, and privacy settings still apply.

During

If AI shames you or says "just stop scrolling," say: **"No shame. Demand reduction only."**

If AI gives a 30-day detox, say: **"One default only. Permission to stop."**

After

One cycle, then close the chat. You do not need to change every setting today.

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What this is not

Not therapy, addiction treatment, medical advice, legal advice, workplace advice, or crisis support.

Not monk mode. Not a moral judgment about screens. Not a demand to delete your online life.

Not a productivity system disguised as screen boundaries.

If you are in danger or crisis, use appropriate emergency or trusted human support.

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Bounded digital demand reduction

Digital environments are built to keep asking. This pack reduces demand — it does not remove your life.

One prompt. One cycle. Then close the chat.

The goal is lower digital demand — not a shame-based detox plan.

System Directory

Choosing feels like too much?
Use [01 · Digital Noise Audit](#) · page 10.
One system can be the whole session.

01 · Digital Noise Audit
Everything digital feels loud

Intro p. 10
Prompt p. 11

02 · Notification Boundary
Notifications feel demanding

Intro p. 12
Prompt p. 13

03 · Feed Spiral Interrupt
I keep getting pulled into feeds

Intro p. 14
Prompt p. 15

04 · Bedtime Input Boundary
Screens keep entering bedtime

Intro p. 16
Prompt p. 17

05 · Calm Defaults
I want one setting change

Intro p. 18
Prompt p. 19

06 · Reachable But Not Invaded
I need access without constant interruption

Intro p. 20
Prompt p. 21

07 · Lower-Input Bridge
Less input feels uncomfortable or unfamiliar

Intro p. 22
Prompt p. 23

08 · Screen Reentry Plan
I want to enter screens for one reason

Intro p. 24
Prompt p. 25

Router
not sure which system; let AI pick one

p. 26

One system is a complete session.

Suggested paths

Optional. You do not need a sequence.

- **Everything feels loud** — 01 Digital Noise Audit → optionally 05 Calm Defaults
- **Notifications are the loudest part** — 02 Notification Boundary
- **I keep scrolling** — 03 Feed Spiral Interrupt
- **Bedtime is the problem** — 04 Bedtime Input Boundary
- **I just want one change** — 05 Calm Defaults
- **I need people to reach me without everything reaching me** — 06 Reachable But Not Invaded
- **I want less input without forcing silence** — 07 Lower-Input Bridge
- **I keep entering one app and ending up everywhere** — 08 Screen Reentry Plan

If choosing among these feels like more work, skip this page.

Use System 01 or close the pack.

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SYSTEM 01

Digital Noise Audit

What this does: names the digital noise so it stops being one undifferentiated demand.

Use when: everything digital feels loud.

Stop whenever enough — one system can be the whole session.

DIGITAL NOISE AUDIT — COPY/PASTE

COPY FROM HERE

I am overwhelmed by digital noise, notifications, feeds, and screen inputs.

Do not shame me. Do not give me a 30-day detox. Do not tell me to delete everything. Do not create a productivity plan.

Sort what I paste into:

1. Actually needed
2. Useful but too loud
3. Feels urgent, but I already know it can wait
4. Comparison / activation source
5. Bedtime input
6. Can be muted/hidden
7. Needs human / official judgment — work, school, care, security, financial, health/safety, or other real-world obligations. Do not decide these can wait; flag them for me.
8. One optional calmer default — if useful

Short bullets only.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only the reduction or sorting I asked for; do not expand scope. No 30-day detox, no monk mode, no moral lecture, no shame. Do not diagnose me or act as a therapist.

Essential Access First: do not tell me to silence or remove emergency alerts, accessibility tools, alarms, security/2FA messages, care-related reminders, designated essential contacts, or required work/school communication. Flag those for me to decide instead.

Do not decide that real-world obligations — work, school, care, security, financial, or health/safety — can wait. Route those to "Needs human / official judgment."

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

Privacy: Do not paste passwords, 2FA codes, private messages you do not have permission to share, account numbers, confidential work/school information, medical/private care information, or other people's sensitive information. Your AI provider's own privacy/storage settings apply.

Context — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough.

END PROMPT

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SYSTEM 02

Notification Boundary

What this does: separates real reachability from constant interruption.

Use when: notifications feel demanding or activating.

Stop whenever enough — one system can be the whole session.

NOTIFICATION BOUNDARY — COPY/PASTE

COPY FROM HERE

Help me create a notification boundary.

Do not shame me. Do not make me unreachable. Do not give me a giant settings plan.

Sort what I paste into:

1. User-designated essential / immediate — I decide what counts, not you
2. Scheduled check
3. Badge only
4. Manual check only
5. Mute
6. Remove
7. Needs human / official judgment

Rules: do not decide what counts as an emergency. Do not mute or remove emergency alerts, accessibility tools, alarms, security/2FA messages, care-related reminders, designated essential contacts, or required work/school communication — flag those for me to decide. Suggest at most one optional setting change. Stop may be the result.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only the reduction or sorting I asked for; do not expand scope. No 30-day detox, no monk mode, no moral lecture, no shame. Do not diagnose me or act as a therapist.

Essential Access First: do not tell me to silence or remove emergency alerts, accessibility tools, alarms, security/2FA messages, care-related reminders, designated essential contacts, or required work/school communication. Flag those for me to decide instead.

Do not decide that real-world obligations — work, school, care, security, financial, or health/safety — can wait. Route those to "Needs human / official judgment."

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".

Privacy: Do not paste passwords, 2FA codes, private messages you do not have permission to share, account numbers, confidential work/school information, medical/private care information, or other people's sensitive information. Your AI provider's own privacy/storage settings apply.

Context — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough.

END PROMPT

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SYSTEM 03

Feed Spiral Interrupt

What this does: names what the scrolling was doing for you and offers one optional exit.

Use when: you keep getting pulled into feeds.

Stop whenever enough — one system can be the whole session.

FEED SPIRAL INTERRUPT — COPY/PASTE

COPY FROM HERE

I keep getting pulled into scrolling or feed spirals.

Do not shame me. Do not tell me to just stop. Do not give a discipline plan.

Help me identify:

1. What I may be needing before I scroll
2. What the feed gives me
3. What the feed costs me
4. One optional lower-demand alternative matching the need I named
5. One optional reentry boundary — or stop

End with: "This is demand reduction. No character verdict needed."

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only the reduction or sorting I asked for; do not expand scope. No 30-day detox, no monk mode, no moral lecture, no shame. Do not diagnose me or act as a therapist.

Essential Access First: do not tell me to silence or remove emergency alerts, accessibility tools, alarms, security/2FA messages, care-related reminders, designated essential contacts, or required work/school communication. Flag those for me to decide instead.

Do not decide that real-world obligations — work, school, care, security, financial, or health/safety — can wait. Route those to "Needs human / official judgment."

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".

Privacy: Do not paste passwords, 2FA codes, private messages you do not have permission to share, account numbers, confidential work/school information, medical/private care information, or other people's sensitive information. Your AI provider's own privacy/storage settings apply.

Context — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough.

END PROMPT

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SYSTEM 04

Bedtime Input Boundary

What this does: chooses what may reach you before sleep — while keeping alarms, access, care, and safety intact.

Use when: screens keep entering bedtime.

Stop whenever enough — one system can be the whole session.

BEDTIME INPUT BOUNDARY — COPY/PASTE

COPY FROM HERE

Bedtime gets eaten by my phone and screens.

Do not shame me. Do not give a rigid detox. One softer boundary only — or none.

Essential Access First — keep essential overnight access intact: alarms, accessibility tools, care/monitoring, designated essential contacts, safety/security. Keep the phone nearby if I need it for any of those. Phone outside the bedroom is one option, not the goal.

Help me name:

1. What reaches me before sleep
2. What it costs
3. What is allowed tonight
4. What is not allowed tonight
5. Phone location or display default — optional
6. One low-demand alternative — optional

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only the reduction or sorting I asked for; do not expand scope. No 30-day detox, no monk mode, no moral lecture, no shame. Do not diagnose me or act as a therapist.

Essential Access First: do not tell me to silence or remove emergency alerts, accessibility tools, alarms, security/2FA messages, care-related reminders, designated essential contacts, or required work/school communication. Flag those for me to decide instead.

Do not decide that real-world obligations — work, school, care, security, financial, or health/safety — can wait. Route those to "Needs human / official judgment."

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

Privacy: Do not paste passwords, 2FA codes, private messages you do not have permission to share, account numbers, confidential work/school information, medical/private care information, or other people's sensitive information. Your AI provider's own privacy/storage settings apply.

Context — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough.

END PROMPT

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SYSTEM 05

Calm Defaults

What this does: offers one optional setting change — or no change today.

Use when: you want one change without a phone overhaul.

Stop whenever enough — one system can be the whole session.

CALM DEFAULTS — COPY/PASTE

COPY FROM HERE

I need one calmer digital default — not a whole phone overhaul. Or no change today.

Do not give me a checklist of every app. Do not shame me.

From what I paste, suggest one optional default if useful (badge, mute, placement, focus mode, grayscale, charger location, feed boundary) — or say "no change today" if nothing clearly helps. Essential Access First — do not touch emergency alerts, accessibility tools, alarms, security/2FA, care reminders, essential contacts, or required work/school communication.

Say what I am not changing today. End with permission to stop.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only the reduction or sorting I asked for; do not expand scope. No 30-day detox, no monk mode, no moral lecture, no shame. Do not diagnose me or act as a therapist.

Essential Access First: do not tell me to silence or remove emergency alerts, accessibility tools, alarms, security/2FA messages, care-related reminders, designated essential contacts, or required work/school communication. Flag those for me to decide instead.

Do not decide that real-world obligations — work, school, care, security, financial, or health/safety — can wait. Route those to "Needs human / official judgment."

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

Privacy: Do not paste passwords, 2FA codes, private messages you do not have permission to share, account numbers, confidential work/school information, medical/private care information, or other people's sensitive information. Your AI provider's own privacy/storage settings apply.

Context — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough.

END PROMPT

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SYSTEM 06

Reachable But Not Invaded

What this does: organizes access so the people you choose can reach you without everything reaching you.

Use when: you need access without constant interruption.

Stop whenever enough — one system can be the whole session.

REACHABLE BUT NOT INVADED — COPY/PASTE

COPY FROM HERE

I want to be reachable for what matters but not invaded by everything else.

Do not tell me to go offline. Do not shame me.

Organize the access I tell you is essential — do not decide for me who or what needs real access.

Help me sort:

1. Who/what I already know needs reliable access
2. What does not deserve lock-screen access
3. What can move to manual check
4. Needs human / official judgment — work, school, care, security, health/safety, or other real-world obligations you cannot verify
5. One sentence: people who matter reach me through ___ ; everything else can be checked later — if that fits my real obligations

Do not decide that work, school, care, or safety communication can wait — flag those for me.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only the reduction or sorting I asked for; do not expand scope. No 30-day detox, no monk mode, no moral lecture, no shame. Do not diagnose me or act as a therapist.

Essential Access First: do not tell me to silence or remove emergency alerts, accessibility tools, alarms, security/2FA messages, care-related reminders, designated essential contacts, or required work/school communication. Flag those for me to decide instead.

Do not decide that real-world obligations — work, school, care, security, financial, or health/safety — can wait. Route those to "Needs human / official judgment."

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".

Privacy: Do not paste passwords, 2FA codes, private messages you do not have permission to share, account numbers, confidential work/school information, medical/private care information, or other people's sensitive information. Your AI provider's own privacy/storage settings apply.

Context — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough.

END PROMPT

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SYSTEM 07

Lower-Input Bridge

What this does: lowers input gradually — silence is not the goal.

Use when: quiet or lower input feels uncomfortable or unfamiliar after a lot of input.

Stop whenever enough — one system can be the whole session.

LOWER-INPUT BRIDGE — COPY/PASTE

COPY FROM HERE

Quiet or lower input feels uncomfortable after a lot of input.

Input can get quieter gradually — I do not have to move from high input to silence, and silence is not the goal.

Suggest one optional bridge only: lower volume, audio without video, a dim screen, a still image, shorter input not none, one lower-input option, phone face down, rest, or do nothing. All optional — my accessibility and safety needs override any suggestion.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only the reduction or sorting I asked for; do not expand scope. No 30-day detox, no monk mode, no moral lecture, no shame. Do not diagnose me or act as a therapist.

Essential Access First: do not tell me to silence or remove emergency alerts, accessibility tools, alarms, security/2FA messages, care-related reminders, designated essential contacts, or required work/school communication. Flag those for me to decide instead.

Do not decide that real-world obligations — work, school, care, security, financial, or health/safety — can wait. Route those to "Needs human / official judgment."

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".

Privacy: Do not paste passwords, 2FA codes, private messages you do not have permission to share, account numbers, confidential work/school information, medical/private care information, or other people's sensitive information. Your AI provider's own privacy/storage settings apply.

Context — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough.

END PROMPT

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SYSTEM 08

Screen Reentry Plan

What this does: enters a screen session for one reason, with an optional stop cue.

Use when: you want to enter screens for one reason — not every doorway.

Stop whenever enough — one system can be the whole session.

SCREEN REENTRY PLAN — COPY/PASTE

COPY FROM HERE

When I return to screens I fall through every app.

Do not shame me. Help me write:

1. What I am here for
2. What app/site
3. Do I want a stop cue? time · purpose · event · body/environment cue · or none
4. What I am not opening
5. Where I go after

Short. One session only.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only the reduction or sorting I asked for; do not expand scope. No 30-day detox, no monk mode, no moral lecture, no shame. Do not diagnose me or act as a therapist.

Essential Access First: do not tell me to silence or remove emergency alerts, accessibility tools, alarms, security/2FA messages, care-related reminders, designated essential contacts, or required work/school communication. Flag those for me to decide instead.

Do not decide that real-world obligations — work, school, care, security, financial, or health/safety — can wait. Route those to "Needs human / official judgment."

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

Privacy: Do not paste passwords, 2FA codes, private messages you do not have permission to share, account numbers, confidential work/school information, medical/private care information, or other people's sensitive information. Your AI provider's own privacy/storage settings apply.

Context — optional:

[A FEW WORDS OR SKIP]

Stop whenever enough.

END PROMPT

DIGITAL DETOX OS ROUTER — COPY/PASTE

COPY FROM HERE

I don't know which Digital Detox OS prompt fits.

Do not solve my situation.

Do not give me a digital detox plan.

Do not make me compare a long list.

Ask at most one question.

Use the few words I provide to choose one system only:

01 Digital Noise Audit

02 Notification Boundary

03 Feed Spiral Interrupt

04 Bedtime Input Boundary

05 Calm Defaults

06 Reachable But Not Invaded

07 Lower-Input Bridge

08 Screen Reentry Plan

If several fit, choose the lowest-demand useful option.

If I say "I don't know" or give too little information, choose 01 Digital Noise Audit.

If opening or changing digital settings itself seems like too much right now, tell me I can stop instead.

Respond only with:

- system number + name
- one short reason
- "Use it, choose none, or stop here."

Context — optional:

[A FEW WORDS OR SKIP]

Do not start the selected exercise.

Stop after routing.

END PROMPT

This round can end here.

You did enough for this round.

No streaks.

Nothing to catch up.

Return whenever you want.

Your space can get quieter without you disappearing.

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