

Digital Detox OS

Digital Environment Reset Kit

Operational relief for whatever your bandwidth.

ARRIVE

My space can get quieter

A KIT BUILT AROUND CAPACITY-SAFE DESIGN PRINCIPLES FOR QUIETING PINGS, FEEDS, SCREEN NOISE, REACTIVE ATTENTION, BEDTIME INPUTS, AND DIGITAL ENVIRONMENTS THAT NEVER STOP ASKING.

Not a willpower challenge. Not monk mode. Not a demand to disappear.

'Detox' here means reducing unnecessary digital demand – not abstinence, dopamine cleansing, or deleting your online life.

One quiet page at a time. Skip, stop, or return later. Your space can get quieter without you vanishing.

DIGITAL DETOX OS

For dysregulated tech, feeds, and notifications

Quiet apartment after the notifications stop — life still connected.

HOW TO USE

1. Start with Safety – not a route
2. Change one digital demand only if useful
3. Stop whenever enough
4. Return later without catching up

Start gently – Safety is next.

How to use this kit

You do not need to finish it.

Choosing feels like too much? Do one thing: go to Safety.

Nothing right now? No settings. No sorting. No deleting. No plan. No explanation. Close the kit – nothing else is required.

If you have room: change one digital demand only if useful. Stopping is valid. Return without catching up.

Digital Detox OS**Digital Environment Reset Kit***Operational relief for whatever your bandwidth.*

ARRIVE

What this is not

NOT THERAPY, DIAGNOSIS, MEDICAL ADVICE, LEGAL ADVICE, WORKPLACE ADVICE, OR CRISIS SUPPORT.

WHAT THIS IS NOT

- Not addiction treatment or a productivity challenge
- Not a 30-day detox or monk mode
- Not a moral judgment about screens
- Not a demand to delete your online life
- Not a system that blames you for environments designed to capture attention

NEED A PERSON INSTEAD?

This kit can wait.

If the digital problem involves a person you need to coordinate with, workplace or school expectations, caregiving or accessibility needs, harassment or coercive contact, or a health or crisis issue – use the appropriate trusted person, workplace/school support, professional, safety, or emergency pathway.

You do not need to finish this kit first.

Safety is next – the Router comes later.

Your environment may be asking too much.

Not because you are weak. Not because you lack discipline. Not because your brain is broken.

Modern digital spaces are built from alerts, novelty, reward loops, social comparison, infinite scroll, unread badges, algorithmic urgency, and constant possibility.

Constant interruption can become costly, especially when capacity is already low.

This kit does not ask you to disappear from life. It helps your environment stop demanding access to you all day.



Nothing on this page requires action.

What you may have been told

"Just put the phone down." "Go outside." "Delete the apps." "You're addicted." "Have discipline."

"Stop scrolling." "Do a dopamine detox." "Go monk mode." "Use your phone less."

Maybe your attention is not the problem. Maybe the environment is designed to keep asking.

Maybe you do not need shame. Maybe you need calmer defaults.

When digital demand is high

It can feel like:

BODY FIRST

If it feels useful: notice one point of support — chair, bed, floor, hands, or another surface. Nothing to fix.

IF YOU HAVE MORE CAPACITY

- Every notification feels urgent
- Silence feels uncomfortable
- I scroll when I'm tired
- I reach for my phone before I know why
- I lose time in feeds
- I feel worse after checking
- I compare myself and then feel behind
- Bedtime gets eaten by screens
- I want to be reachable but not invaded
- My brain feels noisy even when the room is quiet

Stop when enough — or turn the page

Tech is not the enemy

Connection can be real. Information can be useful. Entertainment can be soothing. Online community can matter.

Digital work can support survival. Phones can hold access, safety, money, people, and memory.

The problem is not that digital life exists.

The problem is when your digital environment has more access to your nervous system than your body, home, rest, relationships, and attention do.



Digital Detox Capacity Router

Start where you are. Open one route – or none. Stop when enough.

Choosing feels like too much?

Don't choose. Put one thing down in the Digital Noise Dump – or close the kit. Nothing else is required.

START WHERE YOUR NERVOUS SYSTEM IS

Notifications feel like threat

→ NOTIFICATION ACTIVATION MAP · P. 11

I keep scrolling

→ FEED SPIRAL MAP · P. 12

My room never feels quiet

→ SCREEN ZONES · P. 17

I need calmer phone defaults

→ ONE CALMER DEFAULT · P. 19

I want less input without disappearing

→ REACHABLE BUT NOT INVADED · P. 20

Bedtime gets eaten by my phone

→ BEDTIME INPUT BOUNDARY · P. 18

I don't know what to do instead

→ NO-SCROLL REPLACEMENT MENU · P. 21

Quiet feels uncomfortable

→ LOWER-INPUT BRIDGE · P. 22

I need screen reentry rules

→ SCREEN REENTRY PLAN · P. 23

I'm done for now

→ DIGITAL CLOSE LOOP · P. 27

No wrong door. Stopping here counts.

Go to your page when ready

Digital Noise Dump

What digital noise is living in your head?

Apps · Notifications · Unread badges · Feeds · Messages · Group chats · Email · News

Work tools · Shopping · Videos · Bedtime inputs · Background noise · Screens in the room

Comparison triggers · Things I keep checking · Things I feel scared to miss



Fragments only

No fixing yet. No deleting yet. No shame.

Stop whenever enough.

Digital Noise Audit

Sort the noise. This is not a shame list. This is a demand map.

Pings – Badges – Feeds – Messages – News – Work/school platforms – Shopping/ads

Entertainment – Social comparison – Bedtime inputs – Background audio/video – Devices in the room

If sorting helps, notice: actually needed – useful but loud – feels urgent – comparison/activation – bedtime input – not sure

Sorting is optional. Relief does not require categories.



Fragments only

No fixing yet. No deleting yet. No shame.

Stop whenever enough.

Notification Activation Map

Which notifications activate you?

Notification/app – What it feels like: urgency, guilt, pressure, comparison, obligation, pull / urge / curiosity / reward pull

What do I notice after I see it? – What would make it quieter



Fragments only

No fixing yet. No deleting yet. No shame.

Stop whenever enough.

Feed Spiral Map

A feed spiral is not always desire. Sometimes scrolling is meeting a need - rest, stimulation, connection, transition, or relief.

App/site · When I open it · What I'm usually feeling before · What the feed gives me

What the feed costs me · What I keep hoping to find · What I feel after



Fragments only

No fixing yet. No deleting yet. No shame.

Stop whenever enough.

Reachability Fear Dump

What am I afraid will happen if I am less available?

People will be upset · I will miss something important · I will seem rude · Work will punish me

Family will need me · I will feel lonely · I will lose momentum · I will be forgotten · I will not know what is happening

These are possibilities, not predictions.



Fragments only

No fixing yet. No deleting yet. No shame.

Stop whenever enough.

Keep / Quiet / Remove / Replace

Sort one app or digital demand at a time.

Keep: actually useful, supportive, necessary, or wanted

Quiet: useful, but too loud – Remove: not needed, harmful, or no longer worth the cost – removal is never required

Replace: meeting a real need, but in a way that costs too much – Leave it alone today: no change is a valid answer

App/input – Why – One tiny change – all optional

Essential access first: keep emergency alerts, accessibility tools, alarms, security/2FA messages, care-related reminders, designated essential contacts, and required work/school communication intact – quiet the unnecessary layer, not essential access.



Fragments only

No fixing yet. No deleting yet. No shame.

Stop whenever enough.

Notification Boundary Map

Reachable does not have to mean interruptible.

BODY FIRST

If it feels useful: notice one point of support — chair, bed, floor, hands, or another surface. Nothing to fix.

IF YOU HAVE MORE CAPACITY

- User-designated essential / immediate – you decide what counts – Scheduled check – Badge only – Manual check
- Mute – Remove – Needs human / official judgment – this kit does not decide what counts as urgent
- Essential access first: keep emergency alerts, accessibility tools, alarms, security/2FA messages, care-related reminders, designated essential contacts, and required work/school communication intact – quiet the unnecessary layer, not essential access.

Feed Check-In

For each feed: how do I usually feel after it?

BODY FIRST

If it feels useful: notice one point of support — chair, bed, floor, hands, or another surface. Nothing to fix.

IF YOU HAVE MORE CAPACITY

- Do I leave feeling clearer or more scattered? Does it pull me toward comparison, buying, or arguing internally?
- Works for me right now – With a boundary I choose – time – one purpose – one post – or another stop cue
- Not before sleep – Not when I'm already overloaded – Mute/unfollow – Remove – Replace

Stop when enough — or turn the page

Screen Zones

Where do screens currently enter?

Bed – Bathroom – Kitchen – Couch – Desk – Car (parked/passenger only – never use this while driving) – Child/family space – Morning – Meal time – Before sleep – Middle of the night

One place I want less screen presence – One place screens are actually useful – One zone I can soften first

Keep safety, navigation, accessibility, and care needs intact.



Fragments only

No fixing yet. No deleting yet. No shame.

Stop whenever enough.

Bedtime Input Boundary

Bedtime is not the place for the whole world.

BODY FIRST

If it feels useful: notice one point of support — chair, bed, floor, hands, or another surface. Nothing to fix.

IF YOU HAVE MORE CAPACITY

- What enters before sleep: news, messages, drama, work, shopping, short videos, comments, conflict, bright light, comparison, planning
- Options: charge phone across room – grayscale after a time – no feeds in bed – messages allowed, feeds not – music/sound only – one final check window – no work apps after ___ – do nothing tonight, just notice
- Keep the phone nearby if you need it for safety, accessibility, care, alarms, monitoring, or essential contact – phone outside the bedroom is one option, not the goal.

One Calmer Default

Choose one calmer default. Not the whole phone. Not every app.

Or choose no change today.

Turn off one badge – mute one group chat – remove one app from home screen – set one app to manual check

Create one no-feed zone – unfollow one activation account – make one bedtime rule – turn on grayscale – set one focus mode – stop here

Essential access first: keep emergency alerts, accessibility tools, alarms, security/2FA messages, care-related reminders, designated essential contacts, and required work/school communication intact – quiet the unnecessary layer, not essential access.

Stop when enough — or turn the page

Reachable But Not Invaded

People who matter can reach me through ___ - Everything else can be checked later - if that fits my real obligations.

BODY FIRST

If it feels useful: notice one point of support — chair, bed, floor, hands, or another surface. Nothing to fix.

IF YOU HAVE MORE CAPACITY

- Want access for: kids/family, work, emergencies, close friends, care, appointments, money/admin, support
- Do not want invasion by: random pings, algorithm urgency, group chat pressure, late-night work, news loops, comparison feeds, ads, outrage, unnecessary badges

No-Scroll Replacement Menu

What was scrolling doing for me? Replace the need, not just the behavior.

BODY FIRST

If it feels useful: notice one point of support — chair, bed, floor, hands, or another surface. Nothing to fix.

IF YOU HAVE MORE CAPACITY

- What the scrolling may be doing: resting – numbing – stimulation – connection – comfort – background noise – putting something off – wanting distance – transition – loneliness relief – staying up for personal time
- Optional ideas that need no mobility: music or audio only – one comfort show – a voice note – dim light – lying down – journal one line – a snack or water – do nothing
- Only if they work for your body and space: sit outside – a short walk – stretch – another room

Stop when enough — or turn the page

Lower-Input Bridge

Input can get quieter gradually. You do not have to move from high input to silence.

Lower volume, not silence – music without video – one lamp, not bright overhead

Still image instead of scrolling – shorter input, not none – one corner of one room with less input

Phone nearby but face down – fewer notifications for a while – essential access stays on

Screen Reentry Plan

I am entering for one reason. I do not have to follow every doorway.

Before opening: What am I here for? What app/site?

Do I want a stop cue? time – purpose – event – feeling – or none

What am I not opening? Where do I go after?



Fragments only

No fixing yet. No deleting yet. No shame.

Stop whenever enough.

After-Scroll Recovery

After a feed spiral, do not punish yourself.

BODY FIRST

If it feels useful: notice one point of support — chair, bed, floor, hands, or another surface. Nothing to fix.

IF YOU HAVE MORE CAPACITY

- What was I needing? What did the feed give me? What did it cost me?
- Is there anything I notice in my body or environment? 'I don't know' is valid.
- Is there one setting/default I want to change? No change is also valid.

Stop when enough — or turn the page

Digital Shame Reset

Capacity-aware reminder:

Digital shame may sound like: 'I wasted time.' 'I should have more discipline.' 'I should be able to control this better.'

A demanding digital environment can be harder to disengage from when capacity is low.

A calmer default may help more than self-attack.



Welcome Back

Start with one thing -> Digital Noise Dump

Nothing today -> the Close counts too

I have room to choose -> the Router

Digital Close Loop

What changed, if anything?

What can wait – What I changed – if anything – What I am not changing today – Where I may return – Anything I want future-me to know – optional



Fragments only

No fixing yet. No deleting yet. No shame.

Stop whenever enough.

You did enough for this round.

You do not have to delete your digital life. You do not have to become unreachable. You do not have to fix every feed today.

You do not have to punish yourself for scrolling. You do not have to earn quiet.

Your space can get quieter one default at a time. Nothing here expires.

Core kit ends here. You may close now. Optional higher-capacity AI follows – skipping it is a complete session.

Optional - higher-capacity zone

Everything after this page needs more from you. Everything before it was designed for low capacity.

If you have almost no capacity right now, skip this entire section.

Closing the kit without opening AI is a complete session.

AI prompts here are one cycle each – copy, paste, take the answer, leave.

AI Rules For Digital Detox OS

Use AI to reduce digital demand. Do not use AI to optimize your life from shame.

No 30-day detox plans. No productivity systems disguised as screen boundaries.

No moral lectures. No delete everything. No discipline speeches. No giant settings checklist when overwhelmed.

Essential access first – AI does not tell you to silence emergency alerts, accessibility tools, alarms, security/2FA, care reminders, essential contacts, or required work/school communication.

One prompt – One cycle – Then close the chat.



AI DIGITAL NOISE AUDIT

Copy into your AI tool.

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

Use 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.

Stop whenever enough.



AI NOTIFICATION BOUNDARY

Copy into your AI tool.

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.

Stop whenever enough.



AI FEED SPIRAL INTERRUPT

Copy into your AI tool.

I keep getting pulled into scrolling or feed spirals.

Do not shame me. Do not tell me to just stop. Do not give me 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

Keep it short.

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.

Stop whenever enough.

One cycle — then close



DIGITAL ENVIRONMENT SITUATION CLARITY

Copy into your AI tool.

My digital environment feels tangled. Help me make it smaller without turning this into a productivity plan.

Your job:

1. Acknowledge briefly.
2. Reflect my situation back in 3 bullets max – my words, simplified.
3. Name one digital-demand tension in one sentence.
4. Offer at most 2 options at higher capacity – or one option OR rest at lower capacity.

No giant settings plan. No detox challenge. No shame. No moral lecture. No forced deletion.

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.



DIGITAL RETURN

Copy into your AI tool.

I am returning to Digital Detox OS after time away.

Do not create a catch-up plan. Do not tell me I was avoiding anything. Do not mention streaks or missed progress.

Help me choose one:

- Safety
- Digital Noise Dump
- one known calmer default
- nothing today

or none.

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.

Stop after routing.

This round can end here.

You did enough for this round.

Your attention is not a character verdict. Your environment can get quieter without you disappearing. Return whenever you want.

Digital Detox OS – Digital Environment Reset Kit – by Whelmish