

# 7-Day Recovery Digital Detox Plan

*Helping you reclaim clarity, focus, and peace without the scroll.*



## Day 1 – Awareness and Audit

**Goal:** Identify your digital triggers.

- Keep a simple log for the day: when you use your phone, why, and how you feel before and after.
- Highlight moments when your usage is linked to boredom, stress, or cravings.
- *Recovery Tip:* Share your findings with a support partner or sponsor.

## Day 2 – Curate Your Digital Environment

**Goal:** Remove unnecessary noise.

- Delete triggering apps or mute accounts that spark negative emotions or memories.
- Turn off non-essential notifications.
- *Recovery Tip:* Replace mindless scrolling with reading, journaling, or calling a sober friend.

## Day 3 – Introduce Tech-Free Zones

**Goal:** Create safe spaces without screens.

- No devices at the dinner table, in the bedroom, or during therapy sessions.
  - Keep a book, puzzle, or notepad in these spaces instead.
- Recovery Tip:* Make meals and bedtime rituals screen-free to help regulate mood and sleep.

## Day 4 – Morning Without Screens

**Goal:** Start your day grounded.

- Delay checking your phone for the first hour after waking.

- Fill that hour with a walk, light stretching, meditation, or gratitude journaling.
- *Recovery Tip:* Mornings set the tone for the day—choose calm over chaos.

## Day 5 – Replace, Don't Just Remove

**Goal:** Swap digital habits for recovery-friendly activities.

- For every 30 minutes you'd normally spend online, choose something offline: draw, cook, garden, or connect with someone face-to-face.
- *Recovery Tip:* Keep a list of "offline go-to" activities in your pocket.

## Day 6 – Tech-Free Evening

**Goal:** Wind down without stimulation.

- Shut off screens 2 hours before bed.
- Use that time for reading, gentle stretches, or a relaxing bath.
- *Recovery Tip:* This improves sleep quality, which boosts emotional stability in recovery.

## Day 7 – Reflection and Adjust

**Goal:** Review your progress and set long-term goals.

- Ask: How do I feel mentally? Am I sleeping better? Have my cravings changed?
- Decide what new digital boundaries you will keep for the next month.
- *Recovery Tip:* Share your wins with your support network to reinforce the habit.

## Final Encouragement:

A digital detox is not about "quitting your phone forever." It is about reclaiming control and creating space for the people, activities, and recovery work that truly matter.

**Need more support?** Visit us [online](#) or call us at 513-392-8400 to learn how we help you build a balanced, healthy life.

Or visit us in person at: Sanative Recovery and Wellness - 9912 Carver Road Suite 100 - Blue Ash, OH 45242