

LEVEL THREE

ALGORITHM FAST

WHAT YOU'RE UP AGAINST

Infinite feeds are built to keep you there.

They never end.

They adapt to you.

They reward unpredictably.

You are not choosing what appears next. The algorithm is.

The longer you stay, the better it gets at holding your attention.

Two days away shows you how strong that pull really is.

THE RULE

For **two** consecutive days:
NO INFINITE FEEDS.

That means:

- No scrolling social media home pages
- No Reels, Shorts, or For You pages
- No "suggested" or "recommender" content
- No refreshing a feed to see what's new

You may still:

- Send and respond to messages
- Check in with family or friends directly
- Look up specific information
- Use maps, email, banking, work apps

"Am I looking for something specific, or am I looking for something to happen?"

If you are waiting for something to happen, close it.

EXPECT THIS.

- You will reach for your phone without thinking.
- Pause.
- Let the urge pass.
- Notice what changes when the feed is removed.

ESTIMATED TIME RECOVERED

1—2 hours across two days
Often more