

# **THE CYBER ADDICTION RECOVERY CENTER**

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## **“DIGITAL DIET”**

- 1) Limit technology to two hours per day (non-work or school related use).**
- 2) Spend one hour per day, one day per week, and four days per month completely “unplugged” from all forms of technology.**
- 3) Institute a “tech curfew:” no recreational use of tech after 9:00pm.**
- 4) Keep all forms of technology out of bedrooms at all times.**
- 5) Turn off smart phones at 9:00pm (no texting, surfing, etc.)**
- 6) Collect all tech gadgets after curfew and have them “sleep” in the kitchen or family room.**
- 7) Take family “field trips” at least once per week (parks, food, beach, museum, hiking, movies).**
- 8) Exercise as a family: biking, hiking, swimming, treadmill, sports, boogie boarding, bowling).**
- 9) Do not have conversations or meals with any tech device in hand (eyes “up” and focused on your conversation partner).**
- 10) Structure your “tech” day: set specific times for emailing, Facebook, chat rooms, eBay, research, etc.**