Reduce One Excess

Cut input in one area of excess by a fifth and read the discomfort as data.

YOU NEED

a notebook, a pen, a way to measure it

THE WORKING

1. Name one area where you take in past the point of use, such as screens, feeds or news.
2. Measure your usual daily amount and write it down.
3. Set a daily limit at four fifths of that amount.
4. Hold the limit each day and do not raise input in another area to make up for it.
5. When the pull comes, note the discomfort without acting on it.
6. Treat these seven days as the first week of the thirty day form the book gives.

WRITE IT DOWN

Each night, write the amount you took in and one word for the discomfort.

LOOK AGAIN

On day eight, compare your daily amounts and discomfort words across the week.

> *“Reduce input in that domain by twenty percent for thirty days.” · DEVIL: The Hellish Self*