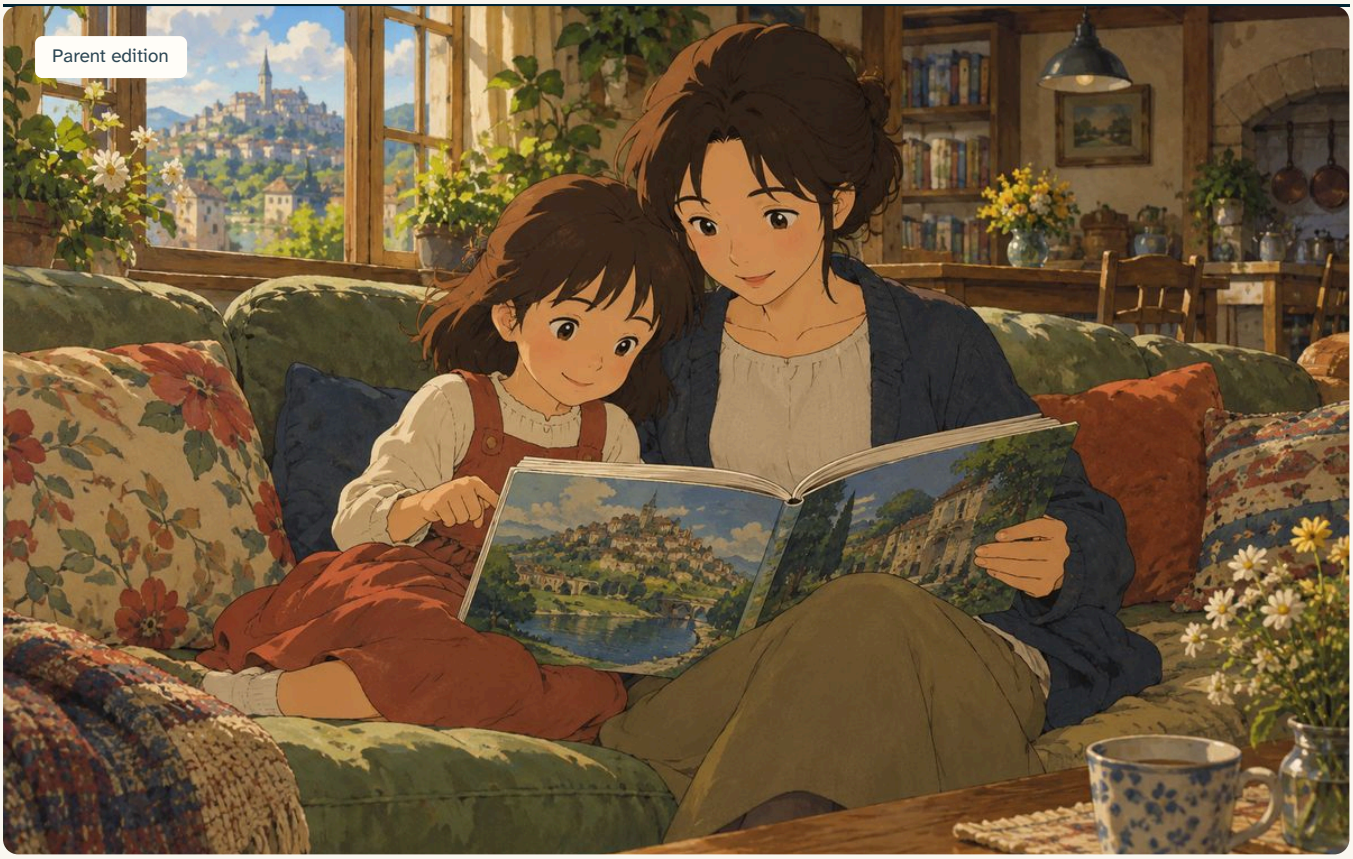


3. Six weeks, one step at a time

Document 3 of 5



From the story “The Old Fold” in your book. Picture made with AI image generation (OpenAI)

A six-week schedule for the practical suggestions in your story selection.

3D · Divert · Discomfort → Delight — HDI rests on one simple idea: 3D. Divert: when the pull toward the screen comes, you do not just fight it; you turn toward something that does you more good. Discomfort: the first days feel awkward, and that is expected; your energizers carry you through. Delight: repeat it, and what took effort becomes something you enjoy and choose.

Models for this age: energizers and copers ★ try first, from the stories chosen for you

3E · Environment · Energize →
Empower Environment — arrange your space so the good choice is the easy one; Energize — act first; the feeling follows; Empower — the change becomes yours

3M · Meaning · Momentum →
Mastery Meaning — know why it matters to you; Momentum — keep going, and start again kindly after a slip; Mastery — setbacks stop deciding for you

3O · Others · Outdoors →
Outstanding Others — people, face to face; Outdoors — time outside, in nature; Outstanding — feeling fully alive

★ **3B · Basics · Body → Balance**
Basics — sleep, meals and rest without a screen; Body — move in your free time; Balance — a body that can switch off and recover

3F · Filter · Focus → Flow Filter — let in only what matters; Focus — one task at a time; Flow — deep absorption in something worth doing

★ **3S · Separation · Solitude →**
Success Separation — distance from the phone; Solitude — time alone, without distraction; Success — you steer your day again

3A · Awe · Alertness → Achievement
Awe — something bigger than you; Alertness — attention out, here and now; Achievement — doing something that means something to you

The 3D model, energizers and copers © HDI.Vision. Free to use and share under CC BY 4.0, with attribution.

This report is your view of your teenager's digital life, told from what you can see at home. It is not a measure of your teenager. Much of that life is visible only if your teenager chooses to share it. Where your view and theirs differ, that is not a mistake; it is worth knowing.

This plan brings together the practical suggestions from your story selection. If a suggestion does not fit your household, leave it out; nothing needs to replace it.

Some stories were reached by your answers; others may be additional reading. Each story's opening tells you which. These suggestions are not a measurement of your child or a promise of change. Read the accompanying notes before choosing what to try.

Your six weeks, step by step with 3D

Week 1 · **Divert**: Start the first try, from the story *The Cleared Table* (3B · Basics · Body → Balance). Write down when and where.

Week 2 · **Divert**: Keep what you started, on different days.

Week 3 · **Discomfort**: Keep going even when it feels clumsy; that is expected. Your energizers carry you here: 3E — arrange your space so the good choice is the easy one; 3M — know why it matters to you.

Week 4 · **Discomfort**: Keep going even when it feels clumsy; that is expected. Your energizers carry you here: 3E — arrange your space so the good choice is the easy one; 3M — know why it matters to you.

Week 5 · **Delight**: Repeat it. What took effort becomes something your family enjoys and chooses.

Week 6 · **Delight**: Look back together: keep, change or end each try. Nothing is graded.

Try 1, from week 1: the story *The Cleared Table*.

Here is a story about Irena, whose kitchen table has not been a table for a long time.

3B · Basics · Body → Balance SELECTED THROUGH YOUR ANSWERS

Read the whole story in the document “Stories for your family”, under the same title.

One way, where you already eat together there, is to clear the table for one of those meals, with every phone in a place away from it, yours too, and the television off. It costs clearing the table, and the programme you would have watched.

It does not promise that your teen will say more at the table. A quiet meal is still a meal.

Not for everyone: not for an evening when people eat as they come in, a phone on call that night, or a home where the sofa is the only place to sit together.

WHEN AND WHERE:

The note on each story and its sources are printed with that story in the document “Stories for your family”.

Your answers and this report are handled by the association HDI – Human Digital Intelligence, Zagreb, which is responsible for them. For anything about your data, write to info@hdi.vision.

Thank you for taking part. What you gave was your own view of your home, and that is all this report rests on.

If anything in this report upsets you, or you want to talk it over with someone, write to info@hdi.vision and a person will answer. Questions about your data go to the same address.

Your answers are kept for twelve months from the day you finished answering, then deleted. You can ask for them to be deleted sooner at any time by quoting your pass code.

This is a self-assessment, not a medical or clinical examination and not a diagnosis. Your answers are used for your own report and are not used for research. They come under the data-protection measures set out for them by the association HDI – Human Digital Intelligence, and nothing else.