

HOW TO OVERCOME DIGITAL ADDICTION

How to regain control over your phone, the internet, social media, and AI

A practical guide to attention, habits, relationships, and more real life

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TABLE OF CONTENTS

INTRODUCTION	5
1. THE DIGITAL WORLD WE HAVE LET INTO OUR LIVES	7
2. WHAT DOES DIGITAL ADDICTION ACTUALLY MEAN.....	9
3. WHEN DOES USE BECOME A PROBLEM	11
4. HOW A DIGITAL HABIT IS FORMED	13
5. PHONE IN THE HAND, PHONE IN THE MIND	15
We physically carry our phone with us, but gradually it can also be present in our minds.....	15
A person works and wonders whether someone has written to them. They sit with their family and notice a vibration. They rest and check work messages. They lie in bed and open social media one more time.	15
Even when we are not actively using the device, anticipation of the next stimulus can disrupt our attention.	15
Let us try a simple experiment.	15
Put your phone somewhere you cannot normally reach it. Leave it there during meals. During conversations. While reading. During a short walk.	15
During the first few days, you may discover that you reach for it almost automatically.....	15
That is not proof of failure. It is information about the habit.	15
And information is the beginning of change.	15
6. ATTENTION – ONE OF THE MOST VALUABLE THINGS WE HAVE	16
7. OUR INNER PICTURE OF THE WORLD	17
8. WHAT ENTERS OUR INNER PICTURE OF THE WORLD	18
9. WHEN THE DIGITAL WORLD STARTS CHANGING OUR PRIORITIES.....	20
10. THE PHONE BETWEEN TWO PEOPLE.....	22
11. WHEN THE SCREEN STARTS REPLACING THE PERSON.....	23
12. PARENTS AND CHILDREN	24
13. DIGITAL ADDICTION IN PARTNERSHIPS.....	26
14. WORK, PERFORMANCE, AND DIGITAL DISTRACTION	27
15. AI AS AN ASSISTANT.....	28
16. WHEN THE ASSISTANT BECOMES A REPLACEMENT	29
17. AI AND OUR INNER PICTURE OF THE WORLD	30
18. WHO DECIDES – THE PERSON OR THE TECHNOLOGY?	31
19. VALUES AND PRIORITIES IN IPW	32
20. DO NOT START WITH A BAN. START WITH OBSERVATION.....	33
21. DIGITAL HYGIENE	35

22. BODY, MOVEMENT, AND RETURNING TO THE PRESENT	36
23. CRITICAL THINKING.....	37
24. HOW TO TAKE BACK YOUR OWN TIME AND ATTENTION.....	38
25. SEVEN-DAY DIGITAL RESTART	40
26. THIRTY DAYS TO CHANGE YOUR HABITS	41
27. MY OWN DIGITAL RULES.....	42
28. WHEN TO SEEK HELP.....	43
29. A GIFT THAT CANNOT BE BOUGHT	44
30. LIFE BEYOND THE SCREEN	45
31. WHAT WE WANT TO PASS ON TO CHILDREN	46
32. CONCLUSION – MORE REAL LIFE.....	47

INTRODUCTION

Technology was supposed to make our lives easier. When did we start adapting our lives to it?

Technology entered our lives almost unnoticed. At first, it was meant to help us. The phone was supposed to make communication easier, the internet to provide access to information, the computer to support our work, and social media to keep us in touch with people who are far away.

Today we carry a device in our pocket that can do almost everything. We can work, shop, read the news, watch videos, take photographs, listen to music, communicate with friends, and ask artificial intelligence almost any question within seconds.

All of this is an opportunity.

At the same time, however, a question arises: who is using whom?

The problem is not technology itself. The problem begins when technology starts deciding what we pay attention to, when we rest, whom we talk to, what we think, and how we spend moments that we once devoted to people, movement, work, or ourselves.

This book is not a call to fight phones, the internet, or artificial intelligence. Its purpose is different: to help people regain the ability to choose.

Perhaps the real question is not how many hours a day we are online. A more important question is:

Vážení čtenáři, právě jste dočetli ukázkou z knihy ***How to overcome digital addiction***.

Pokud se Vám ukázka líbila, na našem webu si můžete zakoupit celou knihu.