THRIVE EMERGE

QUICK START GUIDE
For Successfully Modifying Screen Overuse

USE THE BASICS OF BEHAVIOR CHANGE

1. Understand the Neurodivergent Experience
- Impulse control, sensory processing, and executive functioning make it harder to regulate screen time.
- *Workbook Assessment: Neurodivergent Challenges Related to Overuse*
- *Workbook Assessment: How Is My Kid Stuck? Young Adult Functional Assessment*

2. Understand the Degree of Overuse/ Addictions
- Knowing the severity of overuse helps set realistic expectations for behavior change
- *Workbook Assessment: The Story Of My Kid's Electronics Overuse*
- *Workbook Assessment: SAOA: Screen Addiction Overuse Assessment*

3. Understand the Tools for Behavior Change
- Our kids change when they reach the right level of readiness, when they have good motivation and when we can guide them with supportive communication.
- *Workbook Assessment: The Five Stages of Change*
  Workbook Assessment: How Ready Is My Kid to Change?
- *Workbook Assessment: Angel On One Shoulder, Devil on The Other*
- *Workbook Assessment: Motivational Interviewing Prompts*
- Communications with neurodivergent brains work better when you:
  - Use **concrete, specific language**, not abstract
  - Use **visual supports** like charts, schedules, or apps

4. Understand and Address Underlying Triggers
- **Identify Emotional Triggers:** Electronics may serve as a way to cope with emotional difficulties. Help them identify these triggers and find alternative coping strategies.
- **Provide Emotional Support:** Negative behaviors increase when someone feels misunderstood or overwhelmed. Create a safe space for open conversations.

5. Foster Self-Reflection and Responsibility
- **Involve them** in the decision-making process
- **Encourage Self-Regulation:** Use cognitive-behavioral techniques like self-monitoring, journaling, or creating a 'screen time log' to track their own usage and reflect on how they feel after using electronics for different amounts of time.

6. Get Yourself Emotionally Ready:
- **Patience and Empathy:** Behavior change takes time. Be patient and avoid using shame or guilt to influence change.
- **Flexibility:** Be ready to adjust the plan based on feedback and progress.

7. Establish Consequences and Positive Reinforcement

- **Consistency is Key:** Set consistent and fair consequences for breaking electronics rules: e.g., loss of privileges or additional chores
- **Celebrate Success:** Positive reinforcement is powerful. Offer rewards that align with their interests, like a favorite activity or small treat.

GET STARTED WITH THESE TIPS AND PRACTICAL TECHNIQUES

Workbook Resource: Electronics Overuse Harm Reduction Strategies

1. Create a Plan for Modifying Screen Overuse

- A structured, specific plan will help you stay on course for successfully reaching your screen behavior goals.
- *Workbook Assessment: Electronic Overuse Harm Reduction SMART Goal*

2. Offer Positive Alternatives

- Identify **healthy hobbies** to replace screen time. Encourage outdoor activities, art, reading, or socializing in-person.
- **Turn transitions into a game** -- offer rewards when they successfully complete a transition or follow the rules.

3. Use Technology to Manage Technology

- Use **monitoring apps** like "OurPact" or "FamiSafe" to manage screen time by blocking or limiting access to certain apps.
- Set **limits on specific platforms** by using built-in settings like "Do Not Disturb" or time-limited use.

4. Set Up Structured Routines and Boundaries

- Set **clear limits** on screen time for both weekdays and weekends.
- Use **timers**, alarms or a time-management app (like "Screen Time" or "Moment").
- Designate **screen-free zones** where electronics are off-limits during certain times.

5. Be a Role Model

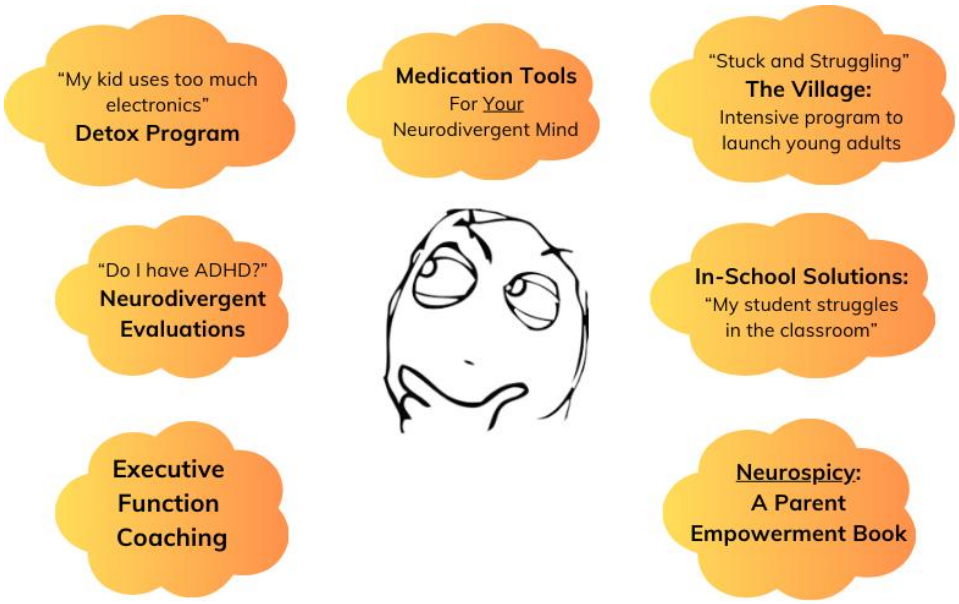
- **Practice What You Preach:** Model balanced screen use yourself.
- **Engage in Tech-Free Family Time:** Create opportunities for tech-free family time: a walk, a meal together, or a board game night.

6. Collaborate with Professionals

- **Therapeutic Support:** Cognitive-behavioral therapy (CBT) can help your teen develop healthier relationships with electronics.
- **Consult with Educators or Specialists:** Work with your kid’s teachers to understand how technology impacts their learning and behavior.

THRIVE EMERGE

THRIVE NEURODIVERGENT SERVICES
Which Solution Is Right For You?



"I could use some help right away!"

Free 15-minute parent consults

With John Yearick, LCPC and Rick Silver, MD

Brief support session for parents with questions about screen overuse

"I need resources about neurodivergence!"

NEUROSPICY NAVIGATOR NEWSLETTER

Email us and let us know which resource we can help with!

contact@mythrive.net

"I want the great assessment and support tools in the workbook **Dealing With Screen and Substance Overuse In Neurodivergent Young Adults.** My choices are**…"**

"For **$20**, I can get started with the **Abridged Edition** – **19 pages** of powerful skill-building resources."
https://square.link/u/pNDzNOJs

"I'm ready to take the deep dive for **$30** with the **66 pages** of the **Complete Edition**."
https://square.link/u/nKKK82HB

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