

FRICTION

INTERNAL

Borrow Your Brain Back

The Experiment: The 7-Day “Cloister Block”

Duration: One week

Time required: 10 minutes daily

Goal: Experience what changes when your brain gets a protected, analog container.

For seven days, do this once per day:

Step One: Set the Stage

- **Choose a 45-minute block** (same time each day if possible).
- **Remove the phone from the room** (not face down, not on silent—gone).

Step Two: Pick One “Slow Cognition” Activity

- Read 10–20 pages of a print book, or
- Write by hand (ideas, drafting, journaling), or
- Do deep work offline (Wi-Fi off; single task only).

Step Three: Add One Deliberate Friction Lever (Choose One)

- Print what you’re working on and mark it up with a pen.
- Use a kitchen timer instead of a phone timer.
- If you need to look something up, write the question on a sticky note and keep going; research only after the block ends.

Step Four: Two-Minute Debrief (Right After)

What was the hardest minute?

When did my mind finally “arrive”?

What did I notice that I usually miss?

What do I want to protect about this feeling?