

Forum:[Hack Forums](#)

Thread: [UNPLUG EXPERIMENT](#)

Th3HulK - October 17, 2026, 11:10 am

Thinking about doing a full 48-hour digital detox sometime next moth. No phone, no PC, no TV. Just books, walking, and actually being bored. Has anyone here actually pulled this off without breaking in the first 6 hours? What did you do to fill the time, and did it actually feel like a reset or just torture?"

Jinu - October 17, 2026, 11:19 am

The first few hours are probably the hardest because you keep reaching for your phone without even thinking about it. I think it helps to have a few things planned for the weekend, like going for a hike or trying out a new recipe, instead of just telling yourself not to use your phone. Having nothing to do makes it much harder, but taking a break between activities is actually nice. And keep your phone somewhere you can't easily grab it. Are you planning to do this alone or with someone? Having a friend join you might make it easier to stick with it.

Deany - October 17, 2026, 11:19 am

Get into model kits won't need the internet or any of that for em lol

sharn - October 17, 2026, 11:27 am

I thought I would be bored, but there is always something to do.

Walking the dog and going hiking help me, although resisting the habit of checking notifications is the hardest part.

Omniscient - October 17, 2026, 11:28 am

48 hours seems like rookie stuff.

Go at least a full week.

bubblebutt - October 17, 2026, 11:30 am

yes, I've gone many months without technology...

It just feels normal xD than being online. I talk to strangers IRL....

A reset? nawh everybody is consumed by tech, its everywhere... Now what is torture is all this dystopian tech.. thats a nightmare.

Th3HulK - October 17, 2026, 7:23 pm

(Oct 17, 2026 11:19 AM)Jinu Wrote: [\[CITE\]](#) The first few hours are probably the hardest because you keep reaching for your phone without even thinking about it. I think it helps to have a few things planned for the weekend, like going for a hike or trying out a new recipe, instead of just telling yourself not to use your phone. Having nothing to do makes it much harder, but taking a break between activities is actually nice. And keep your phone somewhere you can't easily grab it. Are you planning to do this alone or with someone? Having a friend join you might make it easier to stick with it.

That's solid advice. The 'having nothing to do' part is exactly what I'm worried about, boredom is probably what will break me by hour 3 ?. Planning to do it alone, but I'm going to leave my phone in a drawer or something so I'm not just staring at it. The hike idea is smart. I'll probably do it over a weekend.

(Oct 17, 2026 11:19 AM)Deany Wrote: [\[CITE\]](#) Get into model kits won't need the internet or any of that for em lolThat's a cheat code. I used to build Gunpla and it completely eats up time. Might pick up a cheap kit just to survive the weekend, though. Any recommendations for a beginner

(Oct 17, 2026 11:27 AM)sharn Wrote: [\[CITE\]](#) I thought I would be bored, but there is always something to do.

Walking the dog and going hiking help me, although resisting the habit of checking notifications is the hardest part.

Exactly, I've caught myself reaching for my phone just to check the time and ending up scrolling for 20 minutes. The dog walk is a good call, though. At least that forces you to physically leave the house and touch grass

(Oct 17, 2026 11:28 AM)Omniscient Wrote: [\[CITE\]](#) 48 hours seems like rookie stuff.

Go at least a full week.

A full week is crazy. I need to survive the 48 hours first before I start signing up for a whole week. If I make it through the weekend without going insane, maybe I'll extend it. But baby steps man.

(Oct 17, 2026 11:30 AM)bubblebutt Wrote: [\[CITE\]](#) yes, I've gone many months without technology...

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A reset? nawh everybody is consumed by tech, its everywhere... Now what is torture is all this dystopian tech.. thats a nightmare.

Respect. Months without it is a whole different level.