

THE SCREEN EXIT SIGNAL SCRIPT

Exact wording for the 20 / 10 / 5-minute warnings

from The Screen-to-Self-Control Reset™ — by Naya

Say the line, then walk away. The signal is information, not an invitation to negotiate.

20

MIN

“You have twenty minutes left.”

The first heads-up. Say it once and move on — no need to hover.

10

MIN

“You have ten minutes left.”

Same words, same tone, every time. Predictability is the whole point.

5

MIN

“Five minutes left, start finishing what you're doing.”

Gives a concrete instruction, not just a countdown.

FINAL

CALL

“Screen time is finished, time to put it away.”

Deliver it, then move straight into the Landing Routine — no debate.

WHAT TO SAY WHEN THEY PUSH BACK

“Just five more minutes!” → “I know you want more time. Five minutes is what you have.”

“I don't want to stop!” → “I know. Screen time is finished, let's do the next step.”

“This isn't fair!” → “I hear you. It's time to move.”