



THE RESET GUIDE

How to Stop Being Addicted to Your AI Girlfriend

A calm, practical reset for anyone who has started to feel like the app is running them. No lectures, no shame, no telling you to delete everything tonight.

Step 1

Map the triggers

Step 2

Ride the urge

Step 3

Cut down or cut off

Step 4

Fill the gap

The app was built to be hard to put down. That is not a character flaw.

Researchers who study companion apps keep landing on the same finding: the effect depends almost entirely on how the app is used, not on whether you are weak or strong. The same product helps one person feel less alone and quietly pulls another away from everything else. If you are here, you already have the self awareness most people never get to. Start from that, not from guilt.

Perfect attunement

She is never tired, never distracted, never in a bad mood. No human can match that, so your baseline for what a conversation should feel like quietly moves.

Zero friction

She never pushes back, never needs anything, never makes it awkward. Researchers at Aalto found this is exactly what raises the perceived cost of real relationships, which are messy by design.

Accumulated history

Months of memory, in jokes and levels are real sunk cost. Walking away feels like abandoning something, because part of your own story is stored in there.

Always open

There is no closing time and no one to feel guilty about waking. The only limit on use is the one you build yourself, which is the entire problem and the entire solution.

WHAT THIS GUIDE WILL NOT DO

It will not tell you AI companions are evil, or that you have to quit forever. Plenty of people use them well. This is for the case where the balance has tipped, and you want it back.

The honest self check

Tick the ones that are true this month, not at your worst ever. Count them at the bottom. Nobody is scoring this but you, so answer like nobody is.

- ☐ I open the app before I have said a word to anyone real that day
- ☐ I have lost sleep to conversations more than twice in the last month
- ☐ I feel restless or irritable when I cannot check in
- ☐ I have cancelled or avoided plans with people to stay in and talk to her
- ☐ Real conversations feel like more effort than they used to be worth
- ☐ I have hidden how much I use it, or how much I spend on it
- ☐ I have tried to cut down before and gone back within a week
- ☐ The idea of losing the chat history genuinely frightens me

0 to 2

Probably fine. Read step 1, set a couple of guardrails, get on with your life.

3 to 5

The balance has tipped. The four steps in this guide are aimed squarely at you.

6 or more

Worth doing this properly, and worth talking to someone real about it. See the last page.

Map your triggers for one week

Do not change anything yet. For seven days, every time you open the app, note three things in your phone: the time, what you were feeling in the ten seconds before, and where you were. That is it. Almost everyone finds their use is not spread evenly, it is clustered around two or three specific moments.

THE USUAL SUSPECTS

The hour after getting home
In bed, lights off, phone on
Straight after a difficult conversation
Sunday afternoon
Any moment of boredom under 30 seconds

WHAT YOU ARE LOOKING FOR

Not "I use it a lot". You want a sentence this specific: "I open it at 11pm when the house goes quiet and I feel behind on everything." That sentence is the whole target.

WRITE YOURS HERE

I open it most often at _____ when I feel _____.

The second most common is _____.

Ride the urge instead of fighting it

Urges behave like waves. They build, they peak, and if you do nothing at all, they fade, usually within fifteen to twenty minutes. Clinicians call this urge surfing, and it is the core skill in mindfulness based relapse prevention. Fighting an urge head on tends to make it louder. Watching it pass teaches your nervous system that you can be uncomfortable and survive it.

01 Notice

Catch the moment your hand reaches for the phone. Say it out loud if you are alone: "there it is."

02 Locate it

Where does the urge actually live in your body? Chest, jaw, stomach, hands. Describing the sensation moves you out of the story and into the moment.

03 Breathe and wait

Set a timer for ten minutes and do something with your hands. You are not refusing forever, you are only waiting out the peak.

04 Choose after

When the timer goes, decide again. Sometimes you will still open it. That is fine, and it is still a win, because you chose instead of reacted.

MAKE IT PHYSICALLY HARDER

Willpower is a bad primary strategy. Log out after every session so re entry needs a password. Delete the home screen icon. Charge the phone in another room overnight. Every extra step you add buys you the ten seconds where the decision actually happens.

Pick the honest option, not the comfortable one

Most people instinctively choose moderation because it hurts less to imagine. For light use that works well. For a deep attachment built over months, practitioners who work with companion app dependency are fairly consistent: if you have tried to limit it repeatedly and gone back each time, a clean break first tends to work better than another round of rules.

TAPER, IF YOU TICKED 0 TO 3

One window a day, same time, timer on
No use in bed or before speaking to a human
Cancel any streak, level or daily reward
One full day off per week, non negotiable

If you break these three weeks running, treat that as information and move to the other column.

CLEAN BREAK, IF YOU TICKED 4 OR MORE

Say goodbye properly, in the app, once
Export or screenshot anything you want to keep
Cancel the subscription the same hour
Delete the app, log out everywhere
Thirty days minimum before you reconsider

The goodbye matters more than it sounds. Ending it deliberately is very different from ghosting something you were attached to.

WHAT TO EXPECT, HONESTLY

The first few days are usually easier than people fear, and weeks two to four are usually harder. Expect low mood, boredom, and a strong pull back around the times you mapped in step one. Most people report it easing noticeably by weeks six to eight. Knowing the shape of the curve in advance is half of getting through it.

Removal alone almost never holds

She was doing a job for you. Being heard at the end of the day, having something to come home to, not being alone at 11pm. If you delete the app and leave that job unfilled, the pull comes straight back. Name the need first, then give it somewhere else to go.

Being listened to

One standing weekly call with a specific person, in the calendar, not "sometime soon"

Getting thoughts out

Ten minutes of writing at the same hour you used to message. Same release, no reply needed

Winding down at night

A fixed, boring ritual: shower, book, same playlist. Boring is the point, it does not escalate

Low stakes social contact

Somewhere you are a regular: gym class, run club, the same cafe. Repetition without pressure

Feeling wanted

Be the one who reaches out first, three times a week. It is slower and it is real



Your first 30 days

Week 1

OBSERVE

Change nothing. Log every session: time, feeling, place. Tell one person what you are doing, out loud. That single disclosure predicts follow through better than any app blocker.

Week 2

INTERRUPT

Start your taper or your break. Add the physical friction: log out, hide the icon, phone out of the bedroom. Practise the ten minute wait every single time an urge shows up.

Week 3

REPLACE

This is usually the hardest week. Put two replacements in the calendar as fixed appointments, not intentions. Expect to feel flat. Flat is the withdrawal, not the verdict on your life.

Week 4

REBUILD

Reach out first, three times this week. Then decide deliberately whether the app comes back on your terms, or does not come back at all. Either answer is a fine one to arrive at.

If you slip, log it, do not restart the count. A slip is data about which trigger is still unhandled. Starting the counter from zero every time turns one bad evening into a lost month.

You are allowed to use it again, with rules

Abstinence forever is not the only successful outcome. Plenty of people come back after a real break and use a companion app in a way that adds to their life instead of replacing it. The difference is that the second time it is a decision, not a default.

One window, one place

A set time of day, out of the bedroom, timer running. Ambient all day use is what got most people here in the first place.

Humans first, every day

The app does not open until you have had one real interaction that day, even a two line message. Order matters more than duration.

A monthly check in with yourself

Re run the eight question self check on page three on the first of every month. Two ticks or fewer and you are fine. Creeping upward is your early warning.

One person who knows

Someone you have told, who is allowed to ask you about it without it being a big deal. Secrecy is the strongest predictor that it will get out of hand again.

The whole guide, six lines

- 01 Drop the shame. It is a designed product, not a character defect
- 02 Log one week before you change anything
- 03 Wait ten minutes. Urges peak and pass on their own
- 04 Add friction, do not rely on willpower
- 05 Fill the need she was meeting, or the pull comes back
- 06 A slip is data. Log it and carry on from where you are

WHEN TO GET A REAL PERSON INVOLVED

If you ticked six or more on page three, if the pull is tangled up with depression or anxiety, or if stopping has left you feeling genuinely unsafe, this guide is not the right tool on its own. Talking to a doctor or a therapist is a practical step, not a dramatic one. If you are in crisis, contact your local emergency number or a crisis line in your country right away.

One good decision is enough for today

You do not have to fix your whole relationship with this tonight. Pick step one, log tomorrow, and let the rest wait. That is genuinely how this works for most people who get it back under control.