This course breaks digital toxic habits.

COLD TURKEY BLOCKING LISTS

1. How to Use?

Each list comes with three levels of blocking: **moderate, strict, and highly strict**. Be aware that some keywords within the list may accidentally block some of your legitimate websites if they contain the same keyword. To avoid inconvenience, review the list and test the block before locking it.

2. Websites List

These lists block websites that contain forbidden keywords in the URL.

To import a list:

1. Create a Block (click the small green **+** at the top right).
2. Under the **Websites** tab, click **Import → Websites from file**.
3. Select the list and import it.

3. Content Window Title Block List

These lists block software and windows on the computer that contain forbidden keywords in the window title.

To import a list:

1. Create a Block (click the small green **+** at the top right).
2. Under the **Applications** tab, click **Import → Import previously exported file**.
3. Select the list and import it.

Maximize Your Results

To get the most out of Cold Turkey, follow our free course:
Cold Turkey Mastery

Test your Screen Addiction

☑ Digital Addiction Test

That course breaks your digital addiction

START THE DIGITAL PURGE PROGRAM

This digital detox course cures your digital addictions
so you rewire & focus on what matters.