



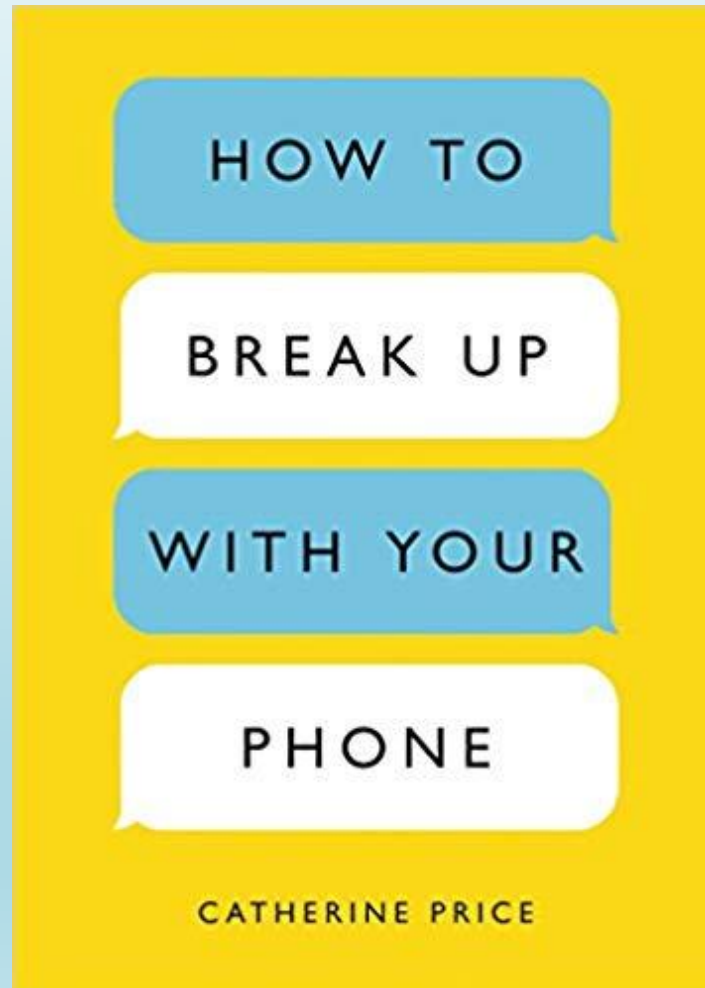
# Take a Break from Your Smartphone

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**Presented By: Amy Rauman**

**January 23, 2020**

# Based on the Book:



# Workshop Objectives

The  
Wake Up

The  
Break Up

# Purpose Behind the Break Up

- To learn to keep what you love and get rid of what you don't
- To create an awareness of habits versus needs/wants
- To have a relationship with your smartphone that keeps you healthy, happy and in control
- To find balance



# Evolution of Phones

- April 3, 1973 - First mobile phone call made  
(Over 45 years ago)
- Smartphones have existed since the early-mid 1990's
- June 29, 2007 - First iPhone released
- 2012 - When Smartphones became popular in the U.S.  
(Only the last 7+ years!)



# Smartphone Usage

- Internet Usage
- Social Media
- Cameras
- Messaging / Texting
- Clock / Alarms
- News
- Music
- Calendars
- Emails
- Weather
- Maps
- Watch
- movies/videos
- Banking / Calculator
- Phone (Talking)



# Smartphone Usage Statistics

- 85% of consumers own a smartphone
- People check their phones an average of 144 times per day
  - Nearly every 10 minutes
- The average user will tap, swipe, click their phone 2,617 times a day
- People spend an average of nearly 3 hours a day on their smartphones
- 84% of working adults use their personal phones during work hours



# Rate Yourself

How dependent are you on your cell phone?



MINIMAL USER

EXCESSIVE USER



# Smartphone Compulsion Test

by: Dr. David Greenfield

## Purpose:

- To determine what type of relationship you currently have with your cell or smartphone

## 15 questions:

- Keep track of your “YES” answers
- Don't have to share results



# Question 1-5

1. Do you find yourself spending more time on your cell or smartphone than you realize?
2. Do you find yourself mindlessly passing time on a regular basis by staring at your cell or smartphone?
3. Do you seem to lose track of time when on your cell or smartphone?
4. Do you find yourself spending more time texting, tweeting, or emailing as opposed to talking to people in person?
5. Has the amount of time you spend on your cell or smartphone been increasing?



# Question 6-10

6. Do you wish you could be a little less involved with your phone?
7. Do you sleep with your cell or smartphone (turned on) under your pillow or next to your bed regularly?
8. Do you find yourself viewing and answering texts, tweets, and emails at all hours of the day and night – even if it means interrupting other things you are doing?
9. Do you text, email, tweet, Snapchat, Facebook message, or surf while driving or doing other similar activities that require your focused attention and concentrations?
10. Do you feel your use of your cell or smartphone decreases your productivity at times?



# Question 11-15

11. Do you feel reluctant to be without your cell or smartphone, even for a short time?
12. Do you feel ill at ease or uncomfortable when you accidentally leave your smartphone in the car or at home, have no service, or have a broken phone?
13. When you eat meals, is your cell or smartphone always part of the table place setting?
14. When your cell or smartphone rings, beeps, or buzzes, do you feel an intense urge to check for texts, tweets, emails, updates, and so on?
15. Do you find yourself mindlessly checking your cell or smartphone many times a day, even when you know there is likely nothing new or important to see?

Tally up your **“YES”** answers



# Interpreting Your “YES” Answers:

**1-2:** Your behavior is normal but that doesn't mean you should live on your smartphone

**3-4:** Your behavior is leaning toward problematic or compulsive use

**5+:** It is likely that you may have a problematic or compulsive smartphone use pattern

# Key Definitions

- **Addiction** → Continuing to seek out something despite negative consequences
- **Nomophobia** → Fear of not having your cell phone nearby
- **Phubbing** (Phone Snubbing) → The practice of ignoring one's companion or companions in order to pay attention to one's phone or other mobile device



# Consumer Addiction Encouraged

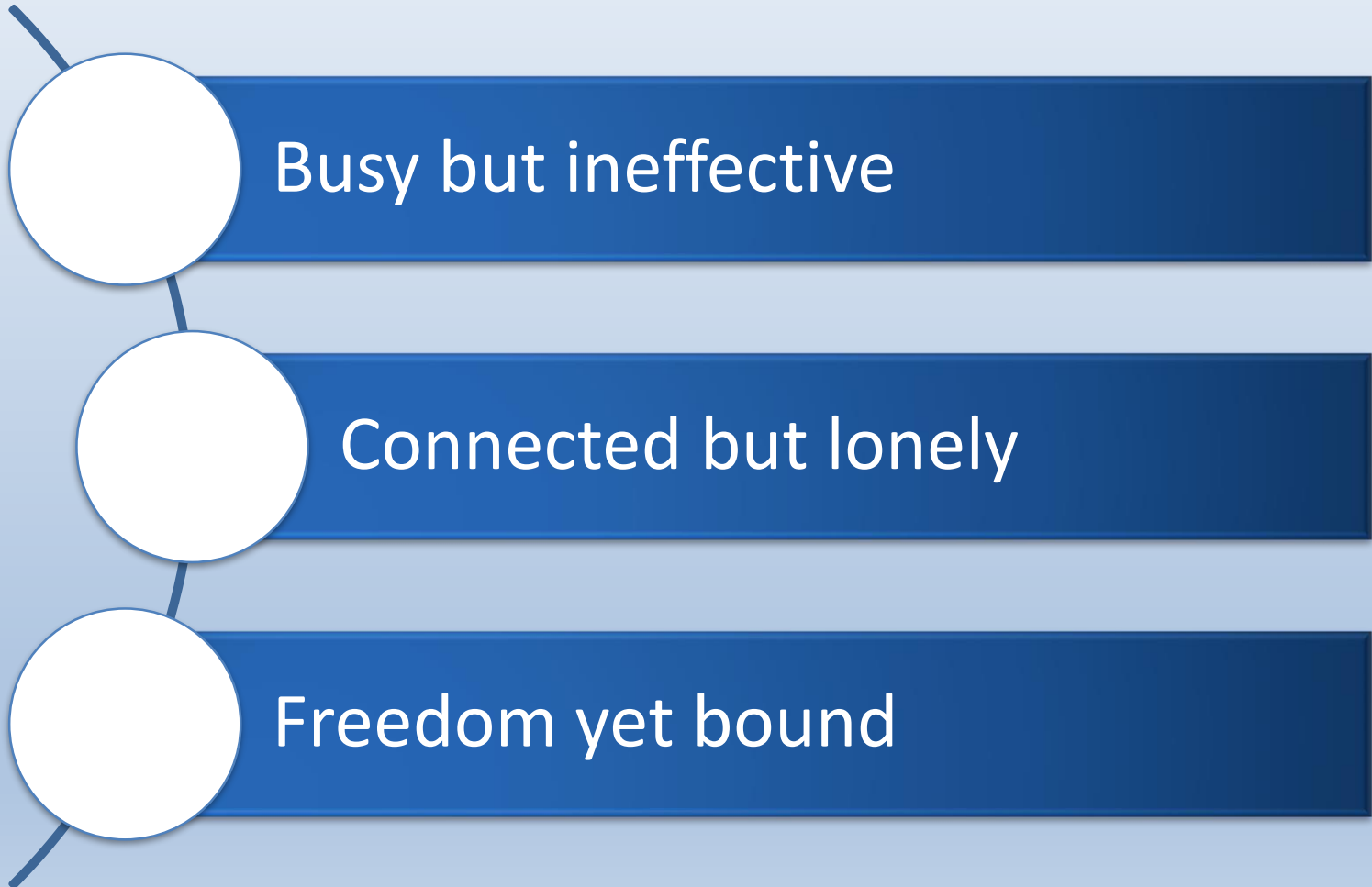
Companies selling smartphones and apps want us to be addicted

- Addicted to behaviors more than products
  - Drive a feeling of seeing something new
  - Release of Dopamine

Some top executives even limit family smartphone usage



# The Impact: Both Good and Bad





# Results of Excessive Use:

1. Decreased Attention Span
2. Impulsivity
3. Insecurity / Decreased Self-Esteem
4. Questioning Self-Image
5. Depression
6. Anxiety / Stress
7. Sleep Problems
8. Decreased Social Skills



# Initiating the Break Up

1. Create a personal plan/boundaries – be as specific as possible
2. Start by evaluating your personal use (not work, school, etc.)
3. Consider having an accountability partner
4. Start small
5. Allow time for change
6. Expect setbacks



# Important Question:

*“What do I want to pay attention to?”*

- My surroundings (nature, art, the environment, culture, etc.)
- My feelings, attitudes, reactions
- My family and friends (what’s happening in their lives)
- My present experience (what I’m eating, watching, doing, etc.)

What do you value most in life?



# Gather Data

Download a Tracking App:

- How many times do you pick up your phone a day?
- How much time do you spend on your phone each day?

Keep a journal

## SUGGESTION:

Create a physical prompt to make you aware each time you reach for your phone



# Assess the Present and Future

## **The Present:**

- What do you love about your phone?
- What don't you love about your phone?
- What positive or negative changes do you notice in yourself when you spend a lot of time on your phone?

## **The Future:**

### In one month:

- What would you like your new phone relationship to look like?
- What would you like to be doing with your extra time?
- What would "success" look like?
- How might you celebrate your new boundaries?

# Suggested Changes

1. Delete social media apps from your phone
2. Establish “No Phone Zones”
  - Banish your phone from certain areas
  - Designate specific “no phone” times
3. Find new activities to do with your extra time
4. Say “No” to notifications
5. Organize apps to see fewer options
6. Stop Phubbing



# Implementing Changes

Break Up → Breakthrough



# Evaluate Your Progress

1. What break up strategies did you implement?
2. What was the easiest/hardest part of the break-up?
3. What surprised you most?
4. On a scale of 1-10 (1-Low; 10-High), what is your current dependency on your smartphone?
5. Are you satisfied with your progress?
6. What phone break-up steps will you continue to implement?
7. What new break-up strategies will you implement?





# REMEMBER:

Breaking up with your smartphone isn't about abandonment, it's about:



**Self  
Awareness**

**Thank you for your  
participation.**

Feel free to share any comments  
or questions.

