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The Principles

### 3 Healthy Cell Phone Tips

Posted by Patrick Moore

on Thu, Aug 30, 2007, 11:31 pm PDT

Like many people, I find that I use my cell phone more and more. There is no denying that this device has changed the way we live.

However, not all of these changes have been for the better. It is clear that cell phones have changed our behavior in ways that impact our emotional health and our interactions with other people.

Let's take a look at three areas where cell use can be detrimental and three tips for a healthier relationship with technology.

#### Dependence

We used to be quite content spending time alone, walking down the street or waiting in a coffee shop for a friend. Now, however, many of us seem to feel the need to be constantly connected to another person via a digital device.

No moment can pass without the emotional security blanket of holding on to another person electronically. This is a kind of dependence that tells us that it is not OK to be alone, that we are somehow lacking without constant connection with another person.

**INDEPENDENCE TIP** - Try being alone for a few hours. If you are shopping or walking or driving, turn off the phone. See what it feels like to simply be on your own without giving in to the habit of carrying around all of your friends and family via the cell phone.

#### Selfishness

This is the area where new technology is busily eroding the social contract that makes it possible for humans to live together peacefully. Not a day goes by where I don't witness a confrontation over selfish cell phone use.

Whether it is a dangerous driver chatting away or a gym-goer screaming into their phone while on the treadmill or the blinding glare of an electronic screen in a darkened movie theater, these tiny devices can cause giant conflicts. Because they focus our attention and block out the outside world, cell phones reinforce selfish behavior.

**POLITENESS TIP** - Just think of others and get real about your needs. Is there truly a call or email that cannot wait until the movie is over or until I leave the gym? If there is something that important going on, then perhaps it would be better to stay at home or in the office.

#### Fear

Many people depend upon their phones for help. But it was only a few years ago when most of us did not have a cell phone and we seemed to survive. Yes, terrorism has scared (and scarred) us, but realistically, if a nuclear bomb hits Los Angeles, my cell phone is not going to do much to help me.

We have become irrationally attached to these devices as a way for us to deal with fear in the modern world. I will be the first to admit that a mobile phone is useful in a situation such as a car accident but, for the most part, our magic little devices are not going to protect us from a big, scary world.

FEARLESS TIP - Practice being without your phone for a day and see what fears come up. Are you afraid that a loved one is in trouble or that something bad will happen to you? At the end of the day, ask yourself if those fears were real or just a habit.

As modes of digital communication become more and more powerful, the time is right to use this new technology in a way that is not only convenient but also emotionally healthy for everyone.

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## Comments

Thankfully, I've never been dependent upon a cellphone. Never owned one or ever had the desire for one. I know there's legitimate reasons people have them and need them. I think it's crazy though how much people use them now. Who are these people who can't even be in a store shopping without a cell phone? How is it they can't ever make a list?

Posted by desirebystarlight on Fri, Aug 31, 2007, 9:59 am PDT

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The ubiquitous presence of cell phones is remarkable. I fail to understand why people are willing to be interrupted, disturbed, disrupted anywhere, everywhere and at any time. Some people think it is rude not to have a cell phone or to turn it off. I say the behavior with cell phones sometimes embodies rudeness. I suppose I may regret resisting this phenomenon should my car break down and there is no public phone. Perhaps then I'll be forced to join the crowd and be dominated by a regenerated umbilical cord.

Posted by trudem7 on Sat, Sep 01, 2007, 5:44 am PDT

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Someone recently suggested to me that I get a cell phone so that he could reach me when he wanted to. I explained to him that if I had a cell phone, it would be for my convenience, not his or anyone else's! The cell phone contributes to the collective ADD many ppl exhibit proudly (distraction? what distraction? i was busy checking to see if i had missed a call). The real dopes are the ones who are not on call or anything but at work wear their personal cells clipped to their belt as if to say "I'm important, I can be reached at a moment's notice!" It seems to be prevalent w/ those who are NOT important but feel the need to (try to) appear more powerful than they actually are.

Posted by catnap321 on Sat, Sep 01, 2007, 1:45 pm PDT

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I used to have a cell phone. I got so frustrated with it that I chucked it out the window and got a Rubik's cube. I'm much happier now.

Posted by devincarterenko on Sat, Sep 01, 2007, 7:45 pm PDT

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Hi Patrick, Good points. There are some esteem and ego factors attached to these devices. I don't get those folks who can't seem to take the ear devices out long enough to have a conversation. I am glad my higher power can be reached without electronics. It does force me to communicate spiritually. And... it's free!

Posted by tracythorn57 on Sun, Sep 02, 2007, 10:11 am PDT

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Then you have us poor souls who must remain attached to the cell phone to earn a living. Ah, the joys of working in the IT field..

Posted by daellio on Wed, Sep 05, 2007, 4:01 am PDT

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Good Morning I have seen cell phones, go from a pager to the extream. I havce also noticed that rude people are rude with or with out a cell hone. I carry a cell for my use, not so people can bother me. If you have a cell, try using it responsibly. No chuch, movies, shoping etc,

Posted by rhino4572003 on Wed, Sep 05, 2007, 4:04 am PDT

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Try going without your typewriter for a week,or two.

Posted by yp\_chuck\_panama\_city on Wed, Sep 05, 2007, 4:04 am PDT

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Polite society has long realized that if you need to talk to someone for more than five minutes, you should be conversing face-to-face.

Posted by activspirit on Wed, Sep 05, 2007, 4:05 am PDT

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I usually don't need my cell phone other than to make a phone call. if I'm not using it, like the regular phone, I don't carry it with me unless I really need it. I usually don't attach it to my hip and I don't add accessories unless absolutely needed so it won't be damaged, even then, the wow goes away and it becomes a regular phone and I throw out the extra items altogether. I do use it as for long distance and my regular phone hardly gets used during most of the day, so my cell phone comes in handy when I need it. Other people use them as MP3 players, but that sucks up the battery. I just it for it's purpose, to call somebody. Nevermind the "texting" that annoys me to death. Good article though

Posted by maci\_mas on Wed, Sep 05, 2007, 4:05 am PDT

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I have a cell phone and i wear it at work but to me it's not about how important I am but how Important other people are to me, all of my imediate family only know that contact number for me, so if someone I know has to go to the hospital or some other accident happens I would like to know about it, I don't use it for idle chit-chat though.

Posted by danieltravis on Wed, Sep 05, 2007, 4:06 am PDT

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Well people in general lose themselves in the cell phone world. I can not see any call more important than payiing attn to your driving and hang up. One its the law and two thats why there is voice mail.

Posted by docpc58 on Wed, Sep 05, 2007, 4:08 am PDT

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It's sad to say, but the cell-phone junkies don't even see these as problems, so you are preaching to the choir. What mystifies me is why more people don't just tell cell-phone junkies to shut up.

Posted by ivyhamlin on Wed, Sep 05, 2007, 4:08 am PDT

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I agree of your commonts about cell devices,we need more time for our family,freinds,and our selfs to be alone without cellphone devices,usually it good adea to teurn off when youare with famiily or freids or love one or at interview,ect. it is shows that you cae fot that person you are with and it also shows respect and it is also polite,i will also advice to atop using cell phones when you are driving specially hayways thanks

Posted by cambarojama@att.net on Wed, Sep 05, 2007, 4:08 am PDT

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I do agree with this article, but, if you have had a child in another country with a very sick baby, my granddaughter passed away in 2004, I think you tend to keep the cell by your side more than ever. I do not use my phone in public places or use it when it bothers others. I do however have it on my side (only on vibrate) to alert me if my children or

grandchildren are in need of me or my help. I believe there are many rude cell users and I pray I am not one of them. Thank you for letting me share my thoughts and comments with you. Sandra O

Posted by sandyjo\_0808 on Wed, Sep 05, 2007, 4:09 am PDT

This is a great article! I hope millions read it. I know I am passing it on to my family and friends. Thanks for sharing it. Posted

This is a very good and honest article. I myself, dont use the phone that much in public and find myself after work not wanting to be bothered.....quiet time. The selfish behavior mentioned in the article could not be more true.

Restaurants, trains, cars, street corners, intersections, just about anywhere you can imagine, people are chatting away on these things with no regard for anything or anyone around them. One thing I notice is how easy it would be for a mugger to rob these people because they are so unaware of what is going on around them. I think it is a dependency as you cite and basically the best medicine is leave the damn thing home for a day or two and see how you get by. I bet one will be just fine.

Posted by robhennessycpa on Wed, Sep 05, 2007, 4:12 am PDT