

Addicted to my Smartphone

Posted by future paltiel - 12 Sep 2023 04:43

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Greetings fellow GYERS,

The phone I own seems to know how to control me, hence it's name...

Did anybody ever experience this? Is it possible to own a smartphone without opening it every few minutes, not because I'm expecting a Whatsapp but for the need to look at the phone itself. I never succeed I'm the Dopamine detox...

is there some sort of 12 step group for technology addicts (without porn) or another form of help?

Wishing all a Shana Tova umevoreches.

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Re: Addicted to my Smartphone

Posted by Foolie - 04 Oct 2023 02:54

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Get a beeper, don't even get a flip phone and then when you get paged borrow someone else's phone to call back unless you happen to be sitting next to "a landline".

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Re: Addicted to my Smartphone

Posted by redfaced - 04 Oct 2023 03:17

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[redfaced wrote on 03 Oct 2023 22:25:](#)

[future paltiel wrote on 03 Oct 2023 17:14:](#)

[redfaced wrote on 03 Oct 2023 14:34:](#)

[future paltiel wrote on 03 Oct 2023 05:49:](#)

Gut Moed,

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For those who are in business or self employed, is it possible to work without a smartphone or at least without email/whatsapp or online finance apps available to you at your fingertips (and need to turn on their laptop or tablet anytime they need a technological task performed)?

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Absolutely.

Its sometimes a gigantic hassle not to have any conveniences of a smartphone - but the benefits that I experience far outweigh the loss of time .

Very interesting.

Tell me please, how do you manage? Do you only check your email on your office computer? Do you tell your clients/colleagues who call you to be patient as you are currently not in the office and can not open the link? It's important for me and the others to know as there for sure is a way without.

After all, everybody managed without them 15 years ago...

Everyone that I work with on a regular basis knows me, and knows that I don't have access to my emails after hours .

If they send me something that is time sensitive there will either be a phone call or a text message. I do have a laptop at home for things that are important.

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Re: Addicted to my Smartphone

Posted by future paltiel - 04 Oct 2023 03:52

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Get a beeper, don't even get a flip phone and then when you get paged borrow someone else's phone to call back unless you happen to be sitting next to "a landline".

Or call from a payphone (for those who remember payphones and walking into stores to change ) !

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Re: Addicted to my Smartphone

Posted by NewAgain - 04 Oct 2023 10:32

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[somebachur wrote on 21 Sep 2023 04:46:](#)

[future paltiel wrote on 12 Sep 2023 04:43:](#)

Greetings fellow GYERS,

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Did anybody ever experience this? Is it possible to own a smartphone without opening it every few minutes, not because I'm expecting a Whatsapp but for the need to look at the phone itself. I never succeed I'm the Dopamine detox...

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Wishing all a Shana Tova umevoreches.

Hi there! I used to struggle with the same thing you've brought up. Kudos to you for bringing to light a challenge that so many people are too afraid to attempt to conquer!

While I don't know of a 12 step program or group for technology addicts (although im sure it exists somewhere out there), I've found legitimate success curbing my phone addiction by doing the following:

1. **Deleting Social Media:** This includes everything from Instagram to YouTube to Reddit, the works.
2. **Minimalist Phone Launcher:** The BEST thing I've ever done that aactually curbed my addiction. [Here's a link to their website](#), you should read the full details of what they're offering there. I have an Android phone so I don't know if this works or not for Apple.
3. **Dual Whatsapps:** I have 2 Whatsapps on my phone. One is normal Whatsapp, one is Business Whatsapp. One I use for friends, family and work, the other I use for statuses and deal chats etc. It allows me to limit my time I spend just scrolling through statuses mindlessly. It also ensures that when I receive a Whatsapp notification, it's actually an important (usually, at least) notification. I Mute and Archive chats ruthlessly!!

I hope this helps you somehow. I strongly strongly strongly recommend giving **Option 2** a shot. It's been the only thing to truly work for me and others that I know use it.

Keep it up brother!!!

This is amazing advice. I have struggled with this for a long time, and I only recently started to get this under control. Everyone's situation is different, but I deleted the email totally from the phone. I work in an office and have a computer in front of me all day; I don't need it on my phone. I also switched the phone (iPhone) to Grey Scale. It turns the phone Black and White and is much less interesting to look at. I also leave it in a different room when going to bed. I will

not touch the device for at least the first hour that I am out of bed and at least one hour before I go to bed.

I basically turned my smartphone into a boring dumbphone. I kept the few apps I need (Waze,Banking,Whats App)... I have to consistently check my phone on a weekly basis to make sure that I didn't download something that shouldn't be there. There are many tricks to allow you to have the convenience of a smartphone without all the craziness that goes along with them.

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