THE ART OF STORY TELLING

ASSIGNMENT-02

CRAFTING A STORY USING NARRATIVE TECHNIQUES

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**Title: *Breaking the Loop***

**Ordinary World:**  
Sana was a brilliant data analyst working for one of the top tech companies in Silicon Valley. On paper, her life was perfect high salary, penthouse apartment, and the latest gadgets. But behind the scenes, Sana was crumbling. Like many others in her generation, her days blurred into nights, screen to screen, app to app. Doom-scrolling, binge-streaming, endless notifications she couldn’t stop.

**Call to Adventure:**  
During a company wellness seminar, a neuroscientist presented troubling findings: a rising link between digital addiction and anxiety disorders. The words hit too close to home. Sana saw herself in the case studies chronic fatigue, irritability, a shattered sleep schedule. That night, after scrolling TikTok for four hours straight, her heart pounded not from content, but panic. She googled, "how to know if you're addicted to your phone," and saw her habits listed like symptoms of a disease.

**Refusal of the Call:**  
She tried a digital detox the next day. It lasted 3 hours. The itch to check notifications, the phantom buzzes, the silence—they drove her back. "I can manage it," she told herself. "Everyone’s glued to their phones. It’s normal."

**Meeting the Mentor:**  
A week later, she attended a talk by Dr. Meena Rao, a psychologist and digital wellness advocate. Dr. Rao shared her research: tech companies engineered platforms for maximum attention, manipulating dopamine pathways like slot machines. After the session, Sana stayed behind. “How do you break free from something the whole world says is normal?” she asked.

Dr. Rao smiled. “You don’t quit cold. You question. You track. You redesign your environment.”

**Crossing the Threshold:**  
Inspired, Sana began a self-experiment. She turned it into a case study—tracking her screen time, mood, productivity, and sleep. She blocked apps during work, replaced late-night browsing with journaling, and set her phone to grayscale. Her findings, at first, were discouraging. Relapses were frequent. But gradually, patterns emerged. Less screen time meant fewer panic attacks. Real conversations replaced comment threads.

**Tests, Allies, Enemies:**  
Sana faced resistance from friends who teased her new "offline" habits. Workmates rolled their eyes when she proposed “screen-free” brainstorming hours. But she found allies in unexpected places—coworkers struggling with burnout, a UX designer curious about ethical design, a friend who admitted they cried every morning after doomscrolling.

**Approach to the Inmost Cave:**  
Three months in, Sana presented her case study at an internal company meetup. The data was clear: digital habits had a measurable impact on mental health. What started as a personal experiment had grown into something bigger. Her insights were raw, vulnerable—and powerful.

**Ordeal & Reward:**  
Her presentation went viral within the company. HR requested she help build a pilot wellness program. For the first time in years, Sana felt present. She wasn’t "cured"—the temptation was always there—but she was conscious, aware, and in control.

**Return with the Elixir:**  
Sana’s project became a model for other departments. She even co-authored a paper on “Designing for Digital Mindfulness.” The loop wasn’t broken for everyone, but she had cracked her own. And through that, she lit the way for others.

THANK YOU