


the psychology of phone addiction

andrew garber

it is undeniable that
we are more
addicted to
phones/technology
than ever.



Psychology Today agrees. They are one of a large number of news institutions that has reported on this.

CAREER

Yes, You're Addicted to Your Phone

Personal Perspective: How did this happen and what can we do about it?

Posted March 1, 2023 |  Reviewed by Gary Drevitch



By Thomas Franklin, MD, and the Group for the Advancement of Psychiatry
Psychotherapy Committee

it is all related to
dopamine(not
actually a
pleasure chemical,
but a craving
chemical).

you don't crave the
pleasure of a text message
itself, you crave the
continued trance of being
on your phone that a text
message provides an
excuse for.

how to I fix it?

- switch your phone to grayscale(the decrease in contrast decreases the dopamine output dramatically)
- turn of all notifications. nothing is that important.
- get a flip phone(I am seriously considering this)
- DELETE SOCIAL MEDIA APPS – “when a person can’t find a deep sense of meaning, they distract themselves with pleasure” – victor frankl.