

CBL

BIG IDEA

ADDICTION: time management, virtual life, self awareness

ESSENTIAL QUESTIONS

1. Why do we lose ourselves?
2. What blocks us and wastes time and energy?
3. Why do we fall into addiction and move away from awareness?
4. Am I the owner of my life?
5. Am I to use the technology or the technology use me?
6. How addiction influence my life?
7. What doesn't let me manage my time better?
8. Why should I define and nurture some goals?
9. How can I express freely myself?
10. What if I should have a way to make my journey?
11. Why do I keep lying to me if I know I hurt myself?
12. Is the reason of my addiction inner or outer?
13. Where do I find the motivation to get rid from my problem?

CHALLENGE

Reduce smartphone addiction

GUIDING QUESTIONS

GQ1 - What are the aspects of an addiction from the point of view of the addicted?

GQ2 - What are the aspects of an addiction according to an expert?

GUIDING ACTIVITIES

GA1 - Survey for smartphone-addicted people

GA2 - Search for material from expert sources in smartphone dependencies

RESOURCES

- Google form for the survey
- <https://www.psiconovel.it/nuove-dipendenze-solitudine-o-moltitudine>
- http://www.ansa.it/canale_salutebenessere/notizie/sanita/2017/04/19/saluteallarme-nomofobiadipendenza-da-smartphone-e-malattia_65317299-8658-4fed-84ee-a925029e98e3.html (Giuseppe Rombolà Corsini - psicologo, psicoterapeuta e vice direttore della scuola di psicoterapia Erich Fromm)
- *fonte:* <https://www.psiconovel.it/nuove-dipendenze-solitudine-o-moltitudine>
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- https://docs.google.com/forms/d/1oRt_UWpvejvZqiK53HhRFtbpH7E297b1S7GUAMwofHw/edit#responses

RESEARCH SYNTHESIS (what we learned)

- Features of addicted people

Most of smartphone-addicted people are 18-25 years old, had a self awareness of their addiction and try to tackle it lonely.

- Addiction consequences

Main features we can observe on addicted people are: compulsiveness, craving, perception of loss of control, persistence of behavior despite its association with negative consequences, pleasure or relief during the implementation of behavior, boredom, passivity, tacit acceptance, stress, emptiness, pretension of instant gratification (due to the immediate accessibility to the solution) , deprivation of the attitude to the deferment of the reward. Inability to wonder, indignation, surprise.

- Reasons

Reasons of addiction: reward, gap between mind speed and modern society speed,

What do you feel most dependent on?

45 risposte

