Texting

1. Do you agree that nowadays ‘without a mobile phone you don’t exist’?

I do not agree that I cannot exist without a mobile phone. I even gave myself a challenge and lived a week without a smartphone. At first, I felt uncomfortable because I was used to checking messages often. It was harder to cope with stress without a phone, but I found new ways for myself: it's books or an MP-3 player. A few days later, I noticed that I began to concentrate better at work and study. I also started falling asleep faster. At the end of the challenge, I concluded that I would continue to use my smartphone, but only outside the home.

1. How dependent is your work or social life on having a mobile phone or smartphone? Would your arrangements break down if you didn’t have your phone?

When I challenged myself, I warned everyone ahead of time. My friends and colleagues supported me. The challenge was difficult. For example, in the store, I could not remember what kind of coffee my grandmother likes and I wanted to call her and ask about it. Or I was late for my work because I couldn't check the traffic on the city map and choose the fastest route. So the absence of a phone is inconvenient, but not deadly.

1. Do you consider yourself addicted to your phone? How often do you check it for messages?

I was addicted to my phone because it helps me relieve stress. I always walked around with it in my hands, as if it were glued to my palm. I watch comedians or comedy shows on YouTube, listen to music or play games on it. Now I use my phone less because I want to get rid of my addiction.

1. Have you ever had to spend a day more without your phone, e.g. because it was lost or stolen, or because you had left it somewhere? How did you feel?

It was complicated. For the first few days, I had a headache because I didn't think about the specifics of my thoughts and cope with stress. It was unusual for me that I could not call or text to someone right away at the same moment. Also, daily household chores seemed boring without music in the headphones.