Undoubtedly, these days we cannot imagine life without computer technology and equipment. How did people manage to live without it? They didn't even think about it then.

How would my life change if I lived one week without a phone? A modern iPhone is very functional. I use it almost always, especially when I came to study in St. Petersburg. Find a new place on the road, open google maps and you are already like your own. Wanted to eat? Open an application, poked it several times, and the magic food is on your table. Naturally, I spend most of my time on the phone communicating with other people, which is not surprising, because this is a lifestyle. I call my parents via video link, write to optimistic friends and faithful acquaintances on questions and business. Without my "little friend," I would have to do all this on my own. This takes my support and time. The phone is the very key to a close safe - the Internet, by opening it you get all your hidden savings - the knowledge you need, on the other hand, you leave something new there. Refusal from the phone would not affect me in the best way. Why should I have to limit myself from such resources? I would be a completely different person. I think it's useful to take a break from the telephone, for example, before going to bed or while walking, thus leaving only your thoughts. My phone is already part of a whole system with a clock and headphones that allow you to tune and control yourself.

Would I do it? Think no. Perhaps in the early days, I would have restrained myself. What would happen next? I would give up.