

Since the invention of the mobile phones, our life has changed greatly. Mobile phones facilitate our life, we can not only keep in touch with our friends and families, but also can search the Internet any time. A lot of people count on mobile phone so much, they feel like missing something if they leave it.

In the first place, it may cause some problems to your health, such as visual fatigue, cervical spondylosis, and even neurasthenia. A friend of mine suffers from a serious spine collapse due to her addiction to smartphones during pregnancy.

Secondly, if you keep playing with your phone when you are with your friends or family, you will spend less time talking to them. In fact, it is they who need and deserve to be cared for.

Lastly, an excessive reliance on smartphones may weaken your interpersonal skills. When you cannot find a place, you consult your GPS instead of consulting local people. You spare more time playing mobile games than playing real games with real people. As time passes, it's possible that you may have difficulty in communicating with people.

Therefore, isn't it better to get rid of smartphone addiction?