

# Final Report – Discomfort design

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- problem statement.
  - With fast growing technology and software, people are constantly connected to the devices and get notifications once in a few minutes. This type of environment has become very common to us, and some people get anxious when they are not 'connected.' I have been reading a book called "Deep Work" by Cal Newport, which was recommended by BYU CS professor Farrell. The book talks about how important it is to stay away from distractions and completely focus on the work, like being in the zone, in order to produce great work. I believe that people these days with so many distractions, not being able to focus on the task decreases their productivity. I wanted to solve this problem with this app called "Lock the Phone."
- approach to discomfort
  - By locking the phone, it gives the user complete isolation from the world at least digitally. This is uncommon practice especially for the people who grew up with tablets and smartphones. The app is supposed to get input from the user, for how many hours that the user wants to lock the phone, and it will count in seconds on the screen. When the user wants to opt out of the app, the user can simply click a button to unlock the phone. However, the user will be given with a prompt to answer to. These random questions' purpose is to remind the user the initial motivation and desire to lock the phone and stay away from distractions.
- Learning. In which you describe what you learned doing the project.
  - I was surprised by how often I got distracted while I was building this app. Distractions are real, and it was really hard to ignore notifications and alert from my phone and laptop. I also learned a lot about discomfort design. I have always been thinking about how to make people's lives easier, but I realized sometime discomfort is necessary for personal growth.
- Reflection. What went well and what didn't?
  - Overall, designing the app and constructing app went really well. However, I wish I could figure out how to access hardware button to control home button, which will promote the user to not exit out of the app unless the user answers to the prompt.
- Justification. Present evidence and an argument that your project realizes the discomfort design vision and your project is delightful. This can take whatever form you like. Just as important as what you did for the project is how justify the project as a realization of the vision and a delightful experience.
  - I am proud of what I made. I like the aesthetic design feature, and how it changes colors while the phone is locked. The overall look of the app fits modern design system, so I really like that about my app. I also like the concept of locking the phone, even though the most of the phone these days have "Do Not Disturb" mode, my app makes users to proactively engage in their commitment and gives inspiring questions to remind their motivation for the deep work.