title: **How your day gets destroyed…**
num_comments: 16
num_up_votes: 71
upvote_ratio: 0.98

Post Text

Distractions and interruptions can kill HOURS of productivity, if you're a programmer and it takes a long time to get back into flow. ^(\[powerful question for you at the end of this\]) Often, these seem out of our control. When I get a package delivered, I get up, talk to the person and open the package (I'm too curious) When I get a text message about an idea I shared, I want to read it. When my friend knocks at my door and we have coffee, I'm totally out of it for a few hours but it's fun. And let's not even talk about posts or replies on social media and forums. I want to read ALL the replies and check and refresh constantly. That's just how it goes. ​ https://preview.redd.it/8j9enictwb591.jpg?width=2383&format =pjpg&auto=webp&s=061b9a9dddc28d8f43ab9dde7b6106dd6d3ffc0a ​ Except… I ordered that package to be delivered at my door instead of a drop point where I can pick it up at my leisure and on my schedule. I threw my ideas into the WhatsApp group, inviting replies. I chose to not communicate to my friend at what times I'm available and what times I'm working. I posted that stuff that I'm hoping is helpful, and I turned on notifications. ​ ​ ​ **Question 1** *What interruptions get you out of your flow the most?*   **Bonus question 2** *If someone threatened you AT GUNPOINT, how would you eliminate the root cause of each of those interruptions?*

Comments

Commenter_2
ID: REDACTED! ~(o.o)~ <3, Upvotes: 26
Q1: for me, definitely something upsetting. If I get some random notification but I'm in the zone, I can generally shrug it off pretty easily. But if I encounter something that triggers my anxiety, it's gonna take over my thoughts for hours as I start to feel my heartbeat reminding me of the fact that I'm supposedly in danger and shouldn't think of anything else at that point.

also if I have to spend a bunch of time researching what documentation to even start reading or how to set up the dev environment so I can actually start coding it's gonna be an uphill battle the entire time.

Q2: download some documentation, *legally acquire* a bunch of books from library genesis that are relevant to what I'm currently learning/working on and plug out my internet cable

Commenter_3
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
Find books you WANT to read, that way you'll have more dopamine in your system to help you achieve you're desired goal.

Commenter_2
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
easier said than done. I want to read a bunch of books concerning game engine architecture, graphics and the related math, but getting through them is pretty painful lol. Does help for not losing motivation to keep trying though.

Commenter_3
ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
In that scenario you might be trying to bite off more then you can chew. Ideally only have 3-4 books (If not less, just having one is still amazing) you want to read, and only read one at a time or read all 1-4 when one gets boring switch to another. Once you finish the

first book you'll have developed more discipline for another. You could also just read before bed, something light but something that you want to learn, and doing it EVERY night before bed will make it a habit and you'll finish multiple books per month that way easily.

Commenter_4
ID: REDACTED! ~(o.o)~ <3, Upvotes: 16
It's late where I am. Need to sleep, saving this post to come back to tomorrow.

Commenter_5
ID: REDACTED! ~(o.o)~ <3, Upvotes: 3
sending reminder 9 hours later

Commenter_4
ID: REDACTED! ~(o.o)~ <3, Upvotes: 4
Thanks for the reminder. Here are my responses:

Q1: What used to screw my attention the most was having to keep my phone next to me at all times, and, as most people do, get a bazillion notifications every second. I got really fed up with it and got a smartwatch, so I can view them without having to pick that rectangular piece of shit up ALL the time. It has helped significantly. Glancing at my watch for a split second doesn't break my flow as easily. Sometimes when I get a call from my family, that can break my flow, but that can't be helped. I have to talk to them sometime during the day. Most interruptions are self-induced for me, turning on a stream and scrolling through Youtube for absolutely no reason. Youtube is my biggest time killer, I swear I am glued to the damn thing.

Edit: I completely forgot something! Noise can destroy my attention. Absolutely ruin it. Noise-canceling headphones are a godsend in this regard. I can't live without them now.

Q2: I would work on creating a custom focus profile in my iPhone that blocks the unimportant app notifications. I think there is something that delivers notifications in timed chunks as opposed to instantly? I would look into that. I would go through every app on my phone and turn off every unnecessary notification. Then I would restrict youtube to a small section of the day, only during and right after lunch and dinner, perhaps. Most importantly, I would not touch electronics in the last hour of the day, as hard as it might get. Good sleep is worth a lot in being able to pay attention the next day.

Commenter_6
ID: REDACTED! ~(o.o)~ <3, Upvotes: 12
If there is someone around and I'm worried they will interrupt me, it's very hard to concentrate. Remote work has been really hard for me since my family is home a lot.

Commenter_4
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
Do you have good active noise-cancelling headphones?

Commenter_7
ID: REDACTED! ~(o.o)~ <3, Upvotes: 5
Distraction is the problem for everyone.. Whoever overcome it ,will be rewarded. Internet addiction, Social media addiction, Gaming , browsing , email, message , etc ...Everything is easily available in our finger tip..We need to setup self rules .. like only 10 mints morning I will check email, news .. gaming only weekend .. No social media during office time etc..

Commenter_8

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5
Twitch ruined my attention for a long time

Commenter_9
ID: REDACTED! ~(o.o)~ <3, Upvotes: 5
It took a lot to convince myself I wasn't interested in that rabbit hole any more, I can't ever go back.

Commenter_8
ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
Same, I was in denial at one point, tried to pivot and use it as a reward for a days job well done, but I started exhibiting smeagol like symptoms and knew it was time to quit

Commenter_10
ID: REDACTED! ~(o.o)~ <3, Upvotes: 4
Social media algorithms converge on showing you trauma (or some emotional reaction similar to it) every morning, because then you are much more emotionally vulnerable to advertisements and therefore your purchase behavior.

[If you notice your morning scrolling upsetting you regularly, that's the point.](https://neo.life/2021/10/neuromarketing-the-booming-business-of-pushing-peoples-buttons/)

Using your illustration, certain social media websites specifically trigger psychic buttons you might not know you have, "bending" that arc towards specific times of the day (and to certain Uber eats orders etc)

Commenter_11
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
What the hell is the weird slash character in front of "powerful" there?

Commenter_12
ID: REDACTED! ~(o.o)~ <3, Upvotes: 1
Slack and meetings are the biggest offenders for me. That red notification dot is the worst .