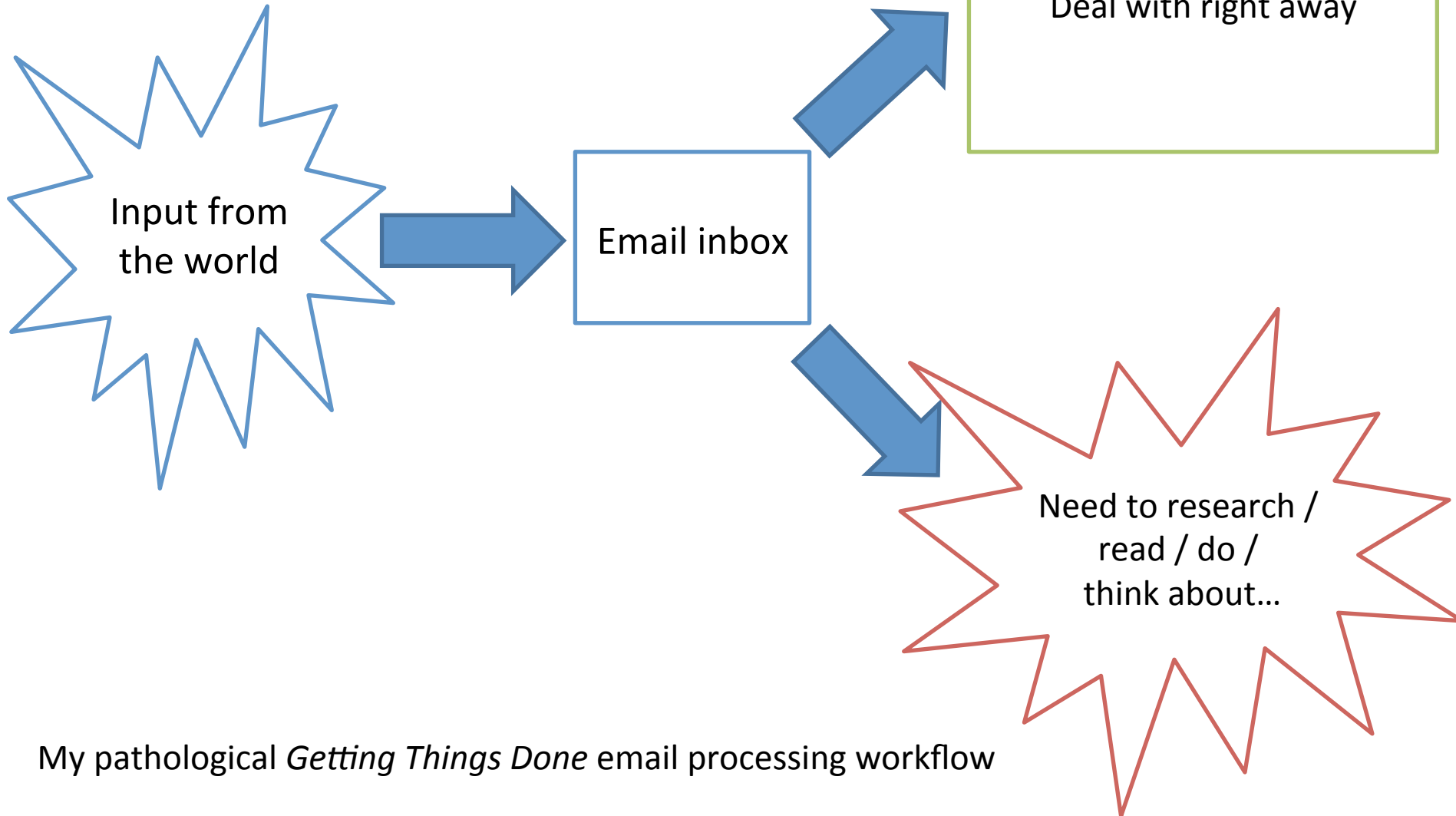


Three Years of Logging My Inbox Count

Mark Wilson

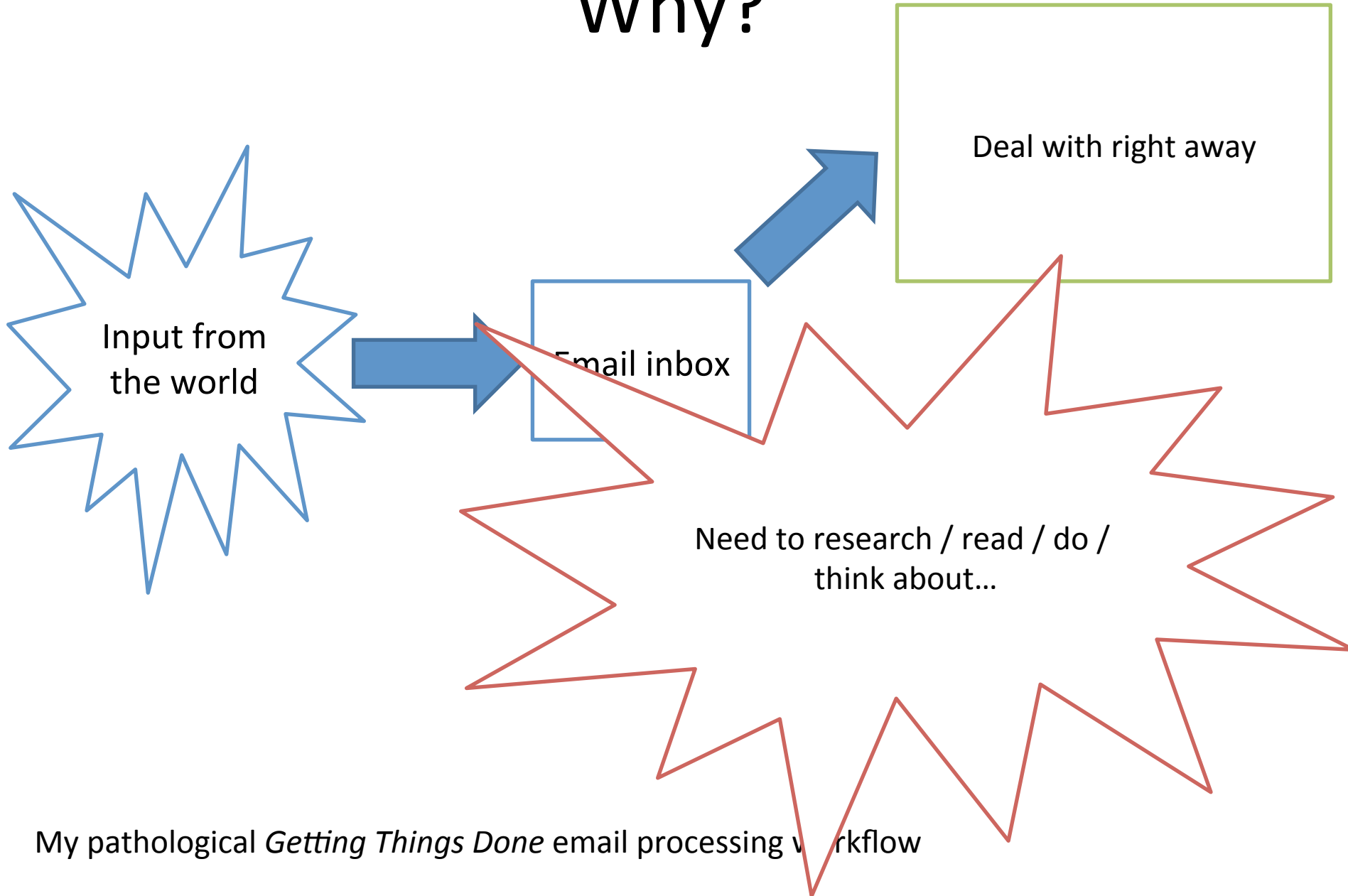
mark@warkmilson.com

Why?



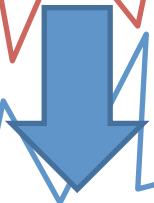
My pathological *Getting Things Done* email processing workflow

Why?



Why?

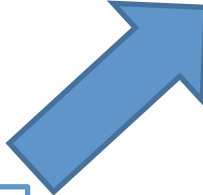
Emails to self



Input from
the world



Email inbox

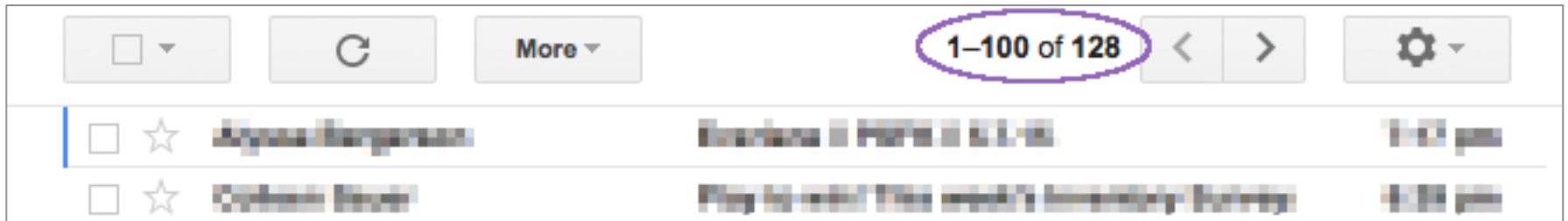


Deal with right away

Need to research / read / do /
think about...

My pathological *Getting Things Done* email processing workflow

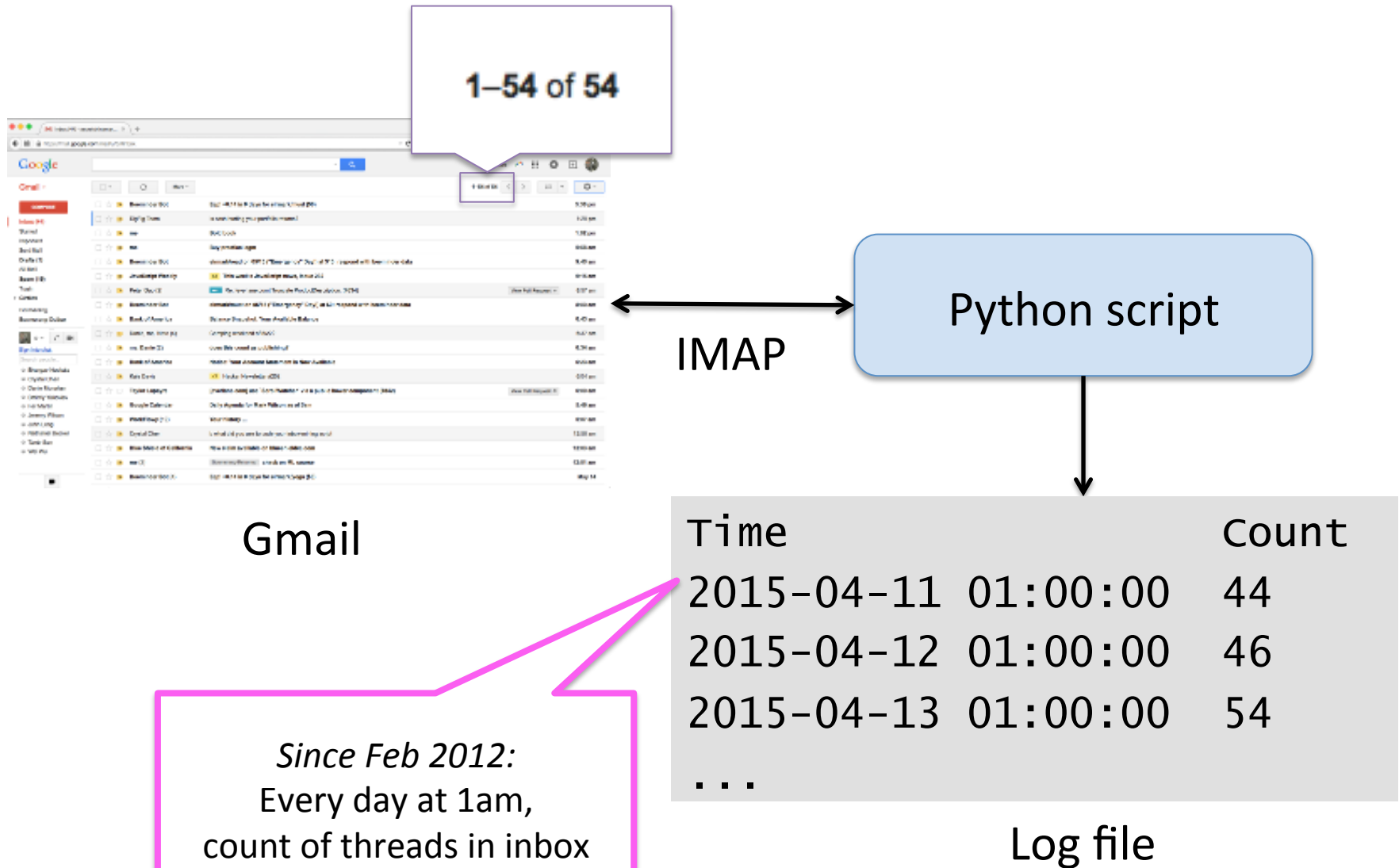
Why?



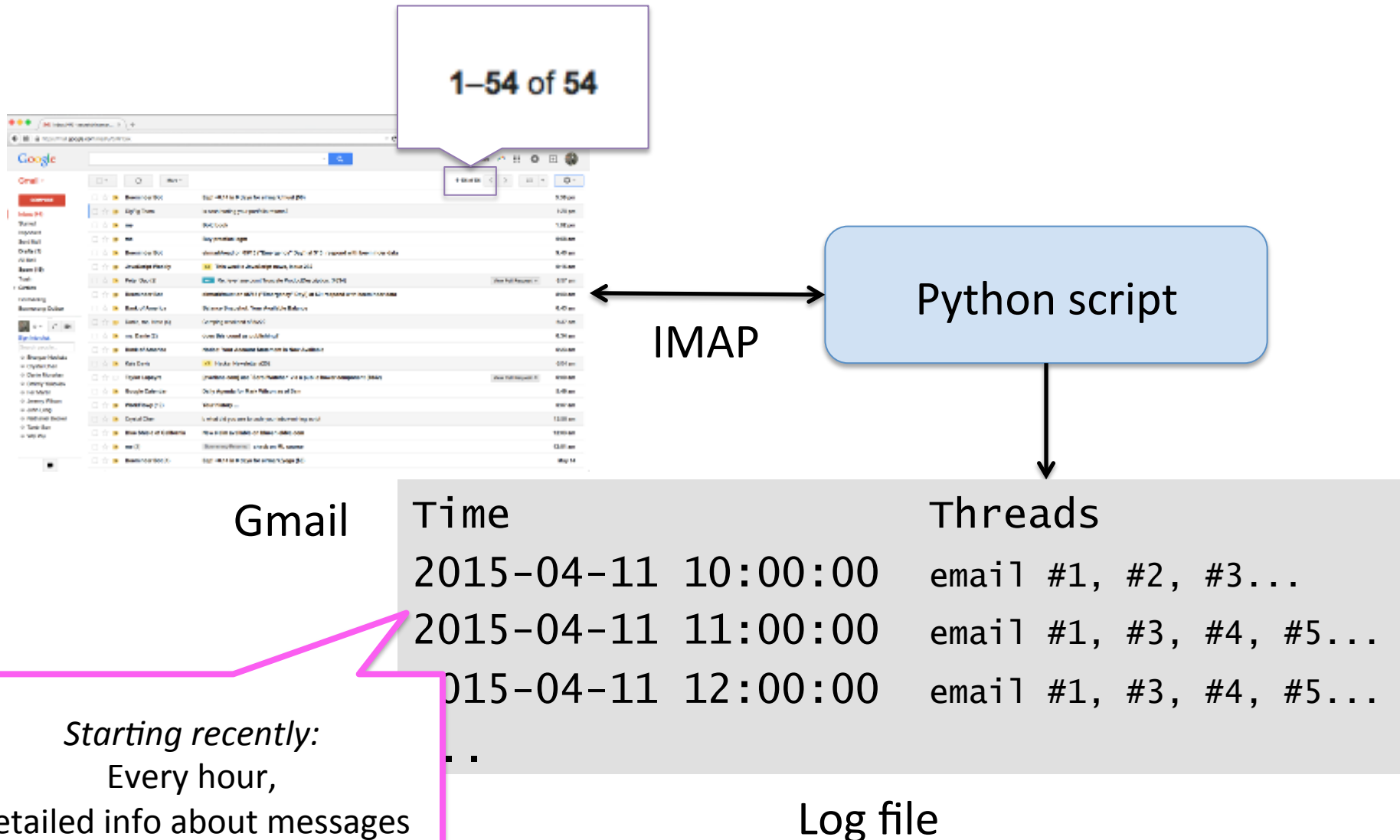
Inbox count \approx “unaddressed things in my life” \approx stress



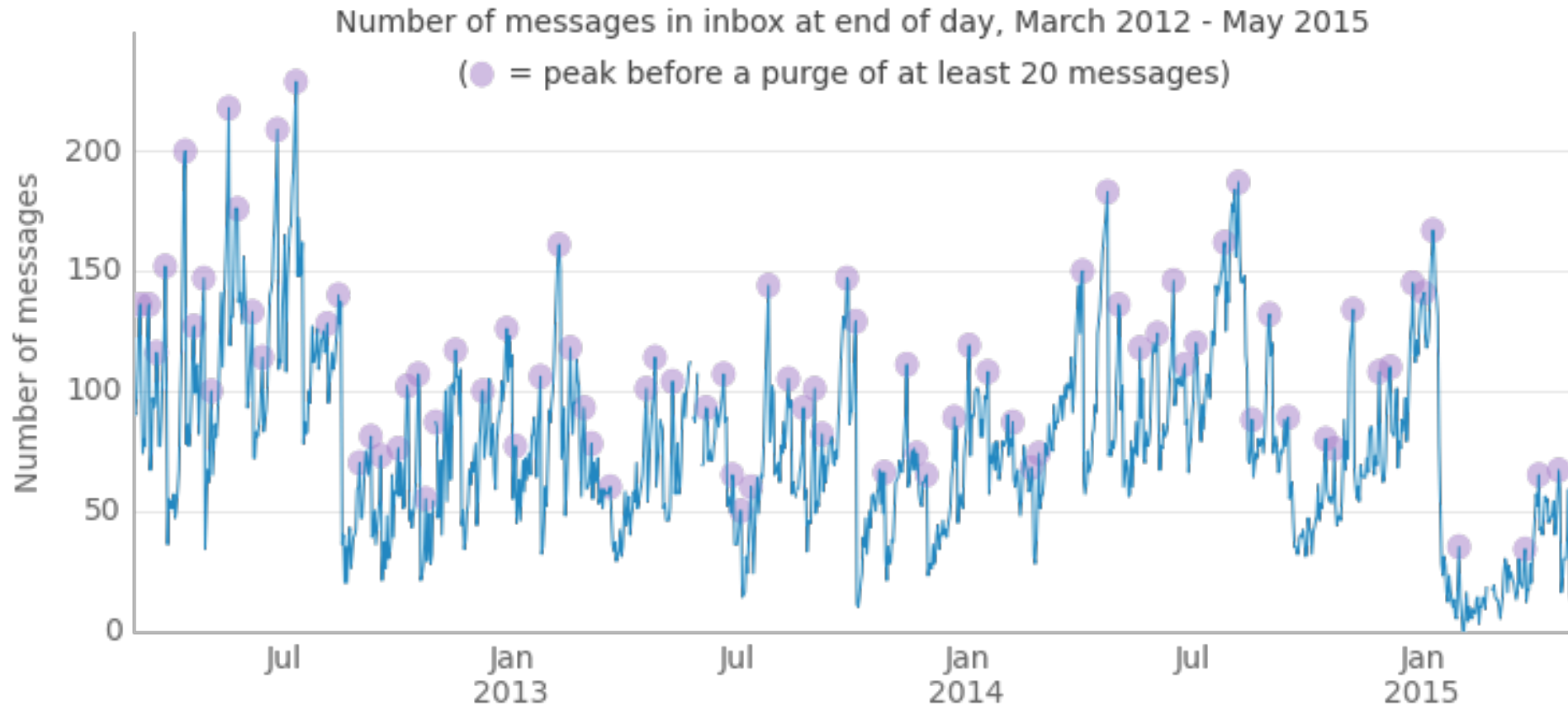
What I Did



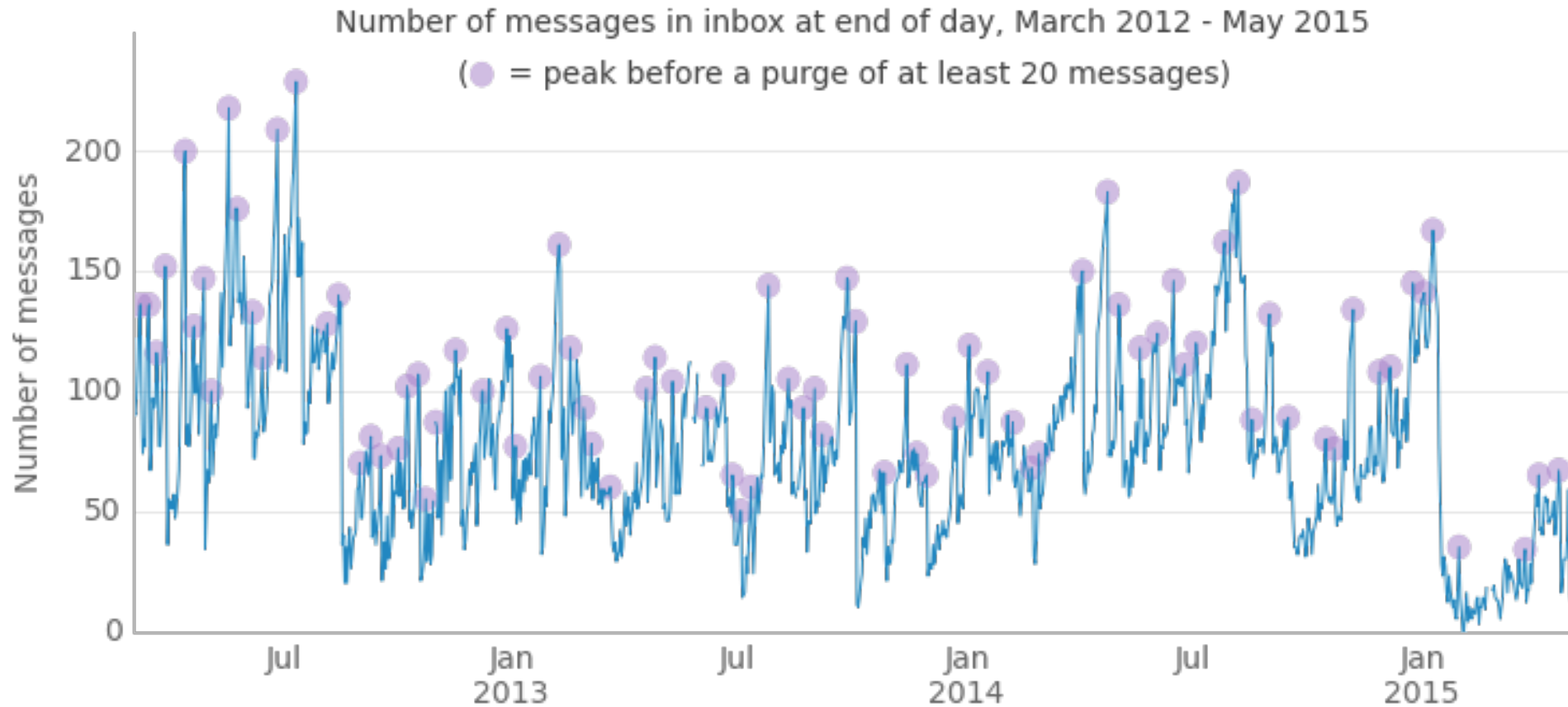
What I Did



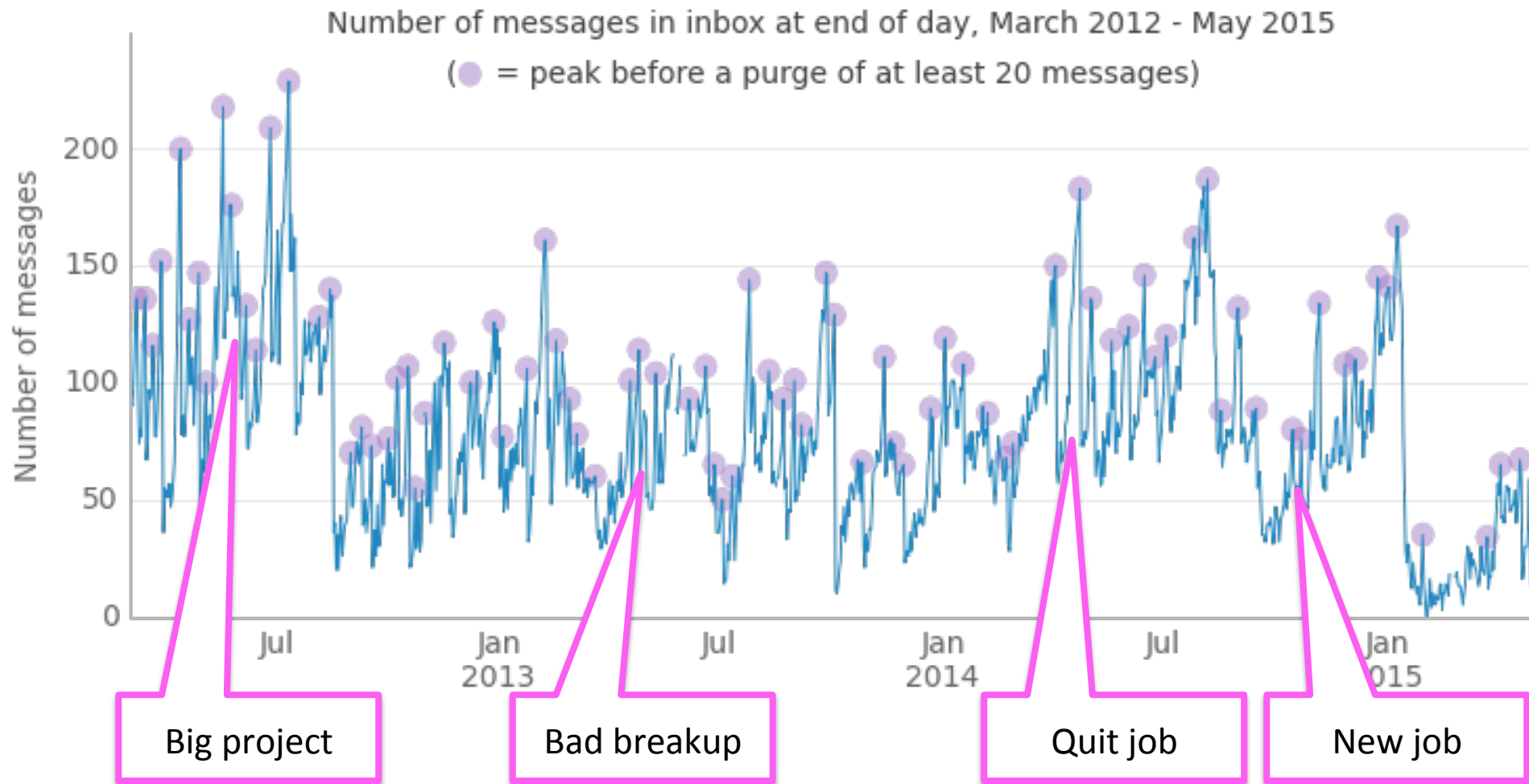
Looking back on three years for the first time...



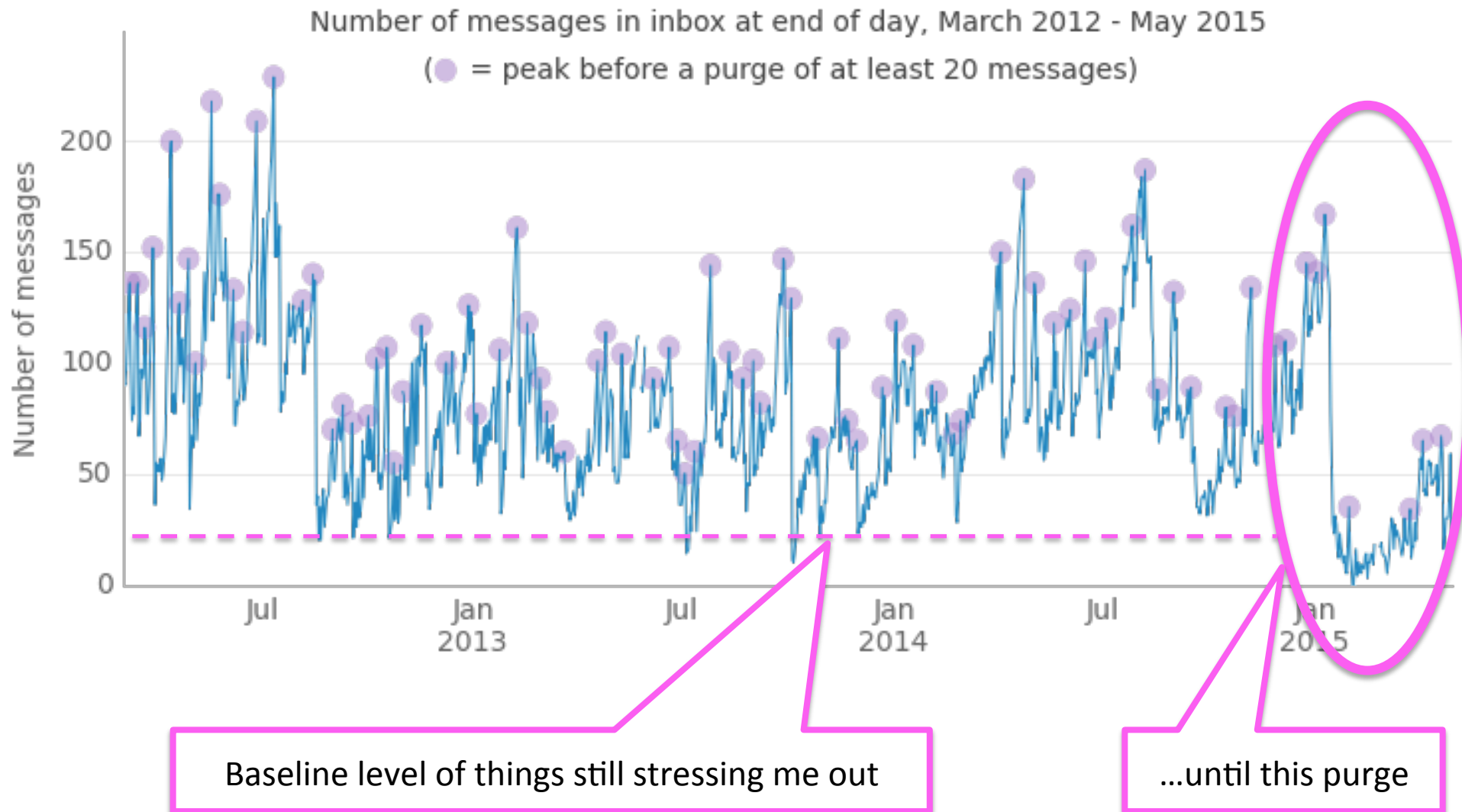
Purges happen regularly.



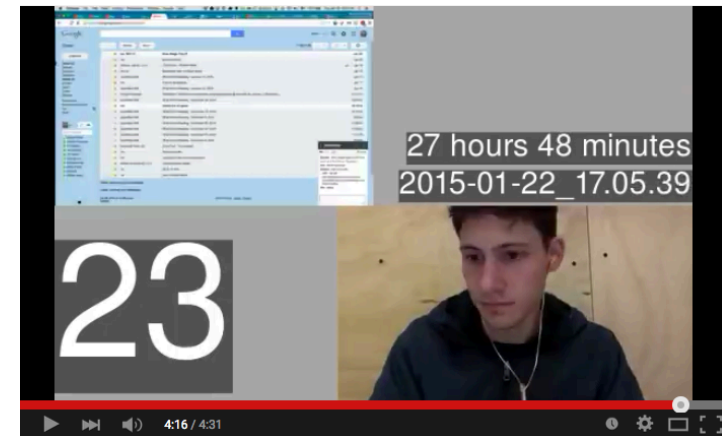
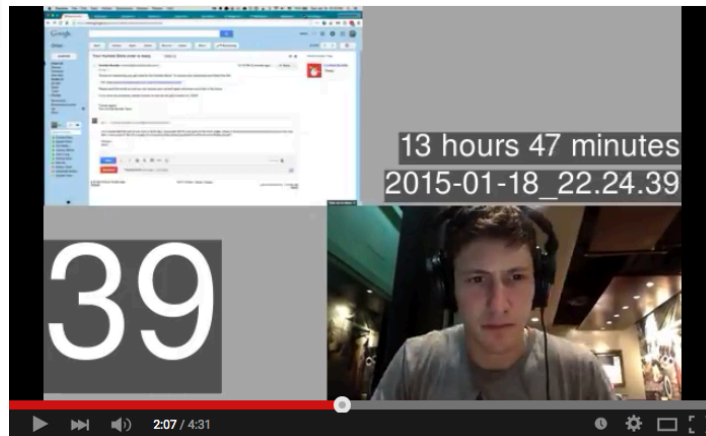
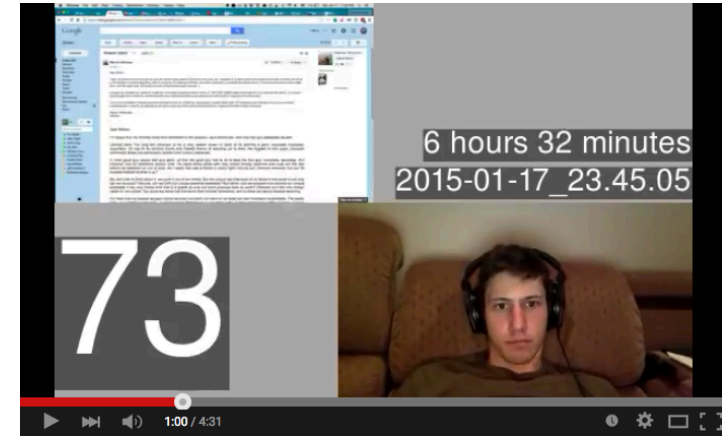
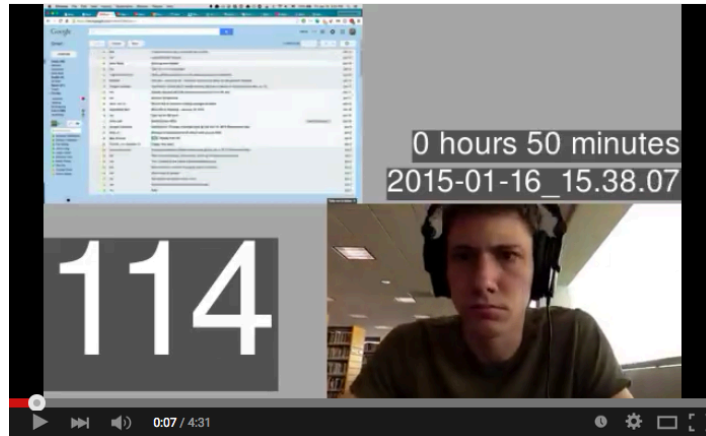
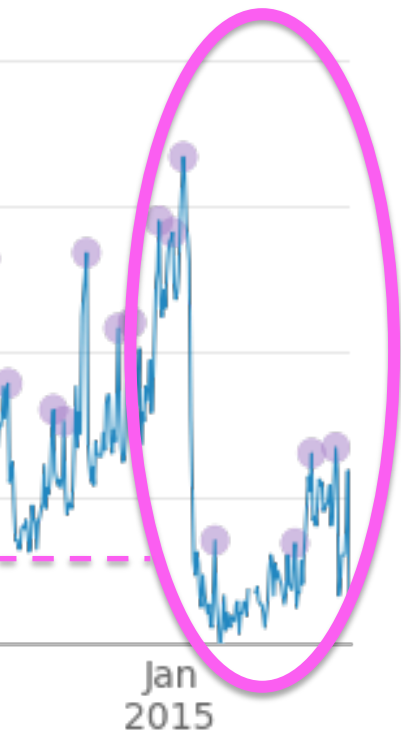
Assumption: “my inbox passively tells the story of what else is going on in my life.”



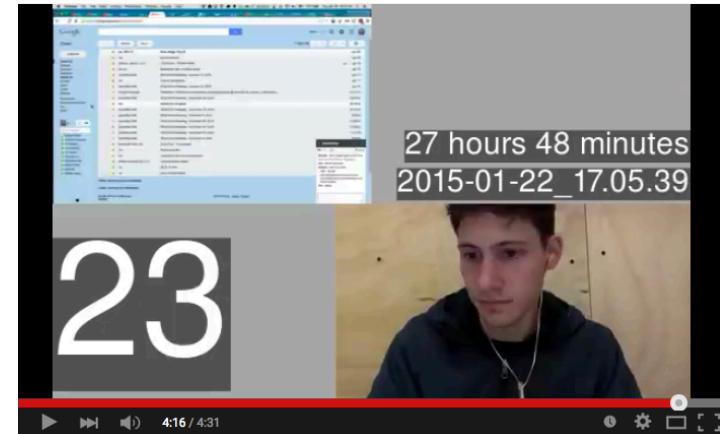
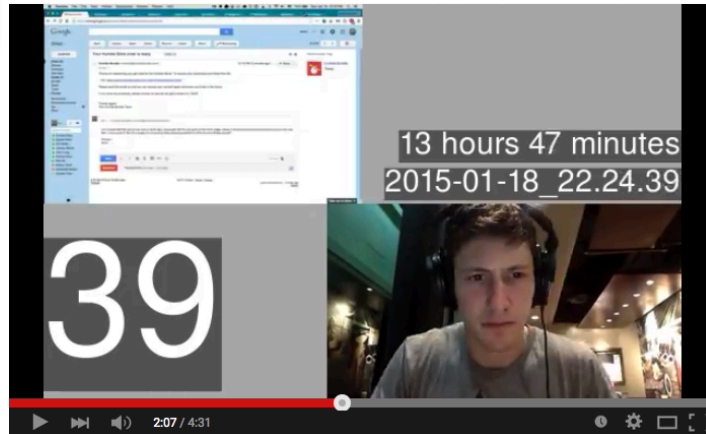
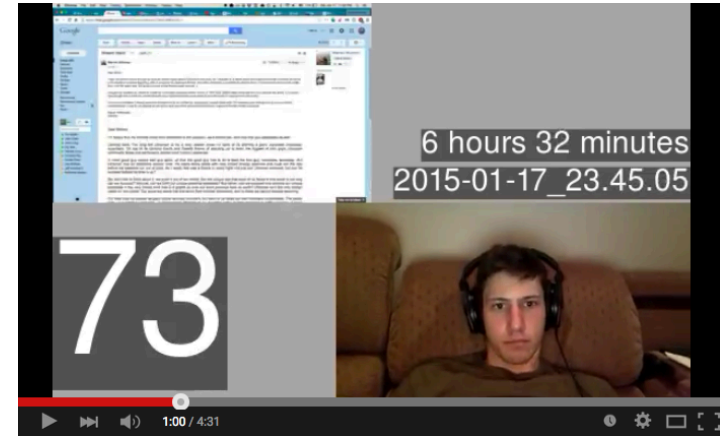
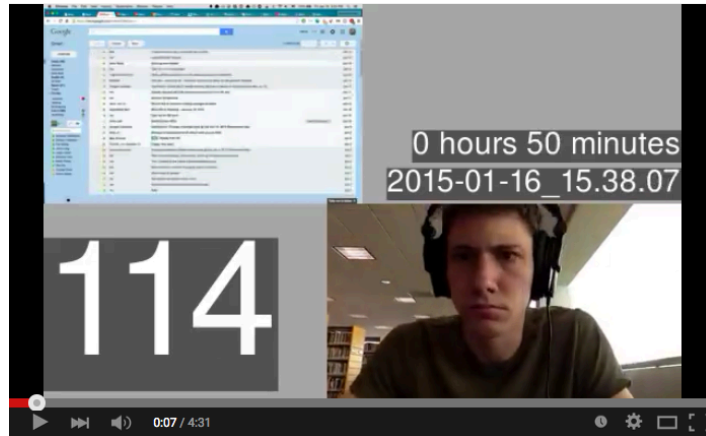
...but why is my baseline “stress” so high?



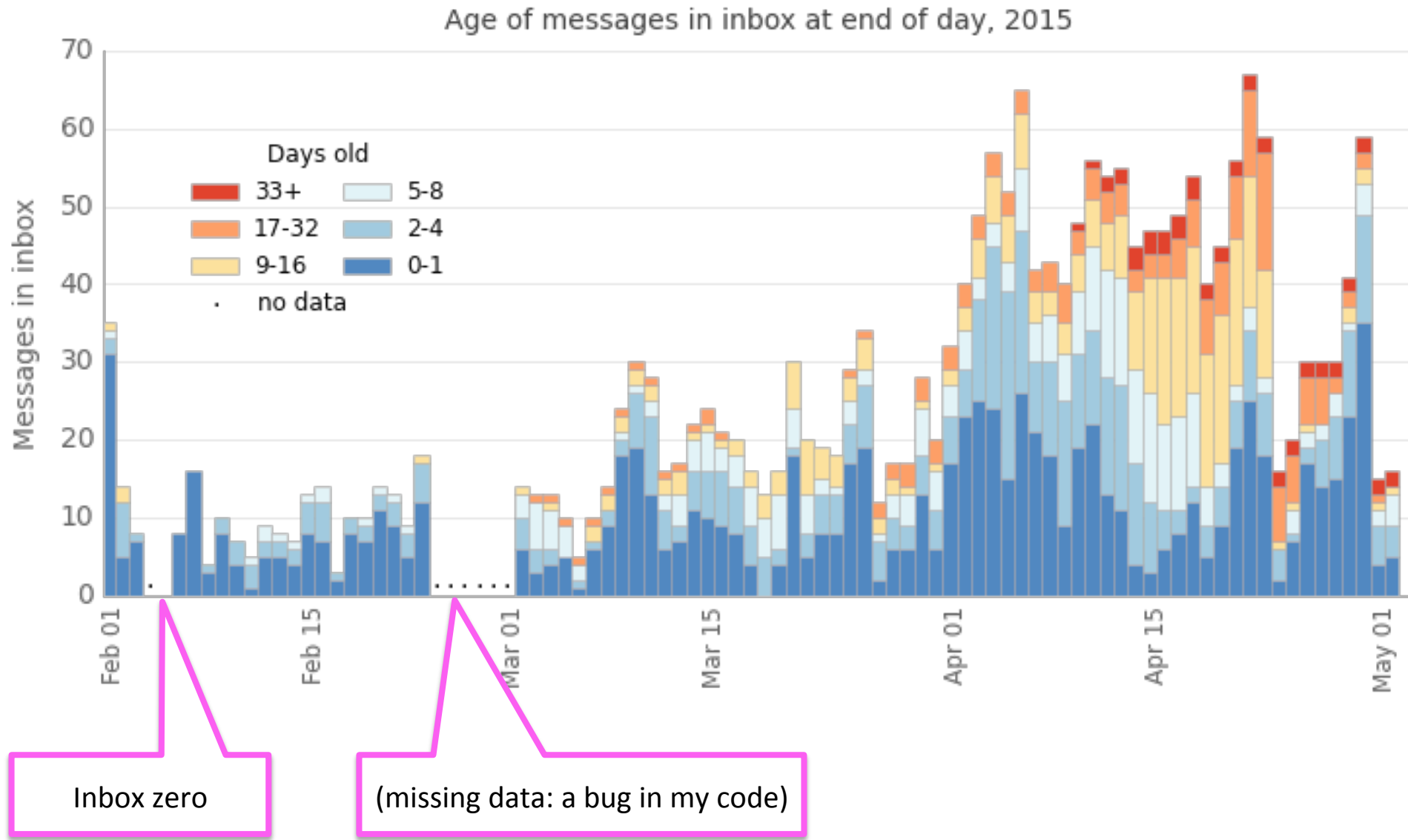
A dramatic purge



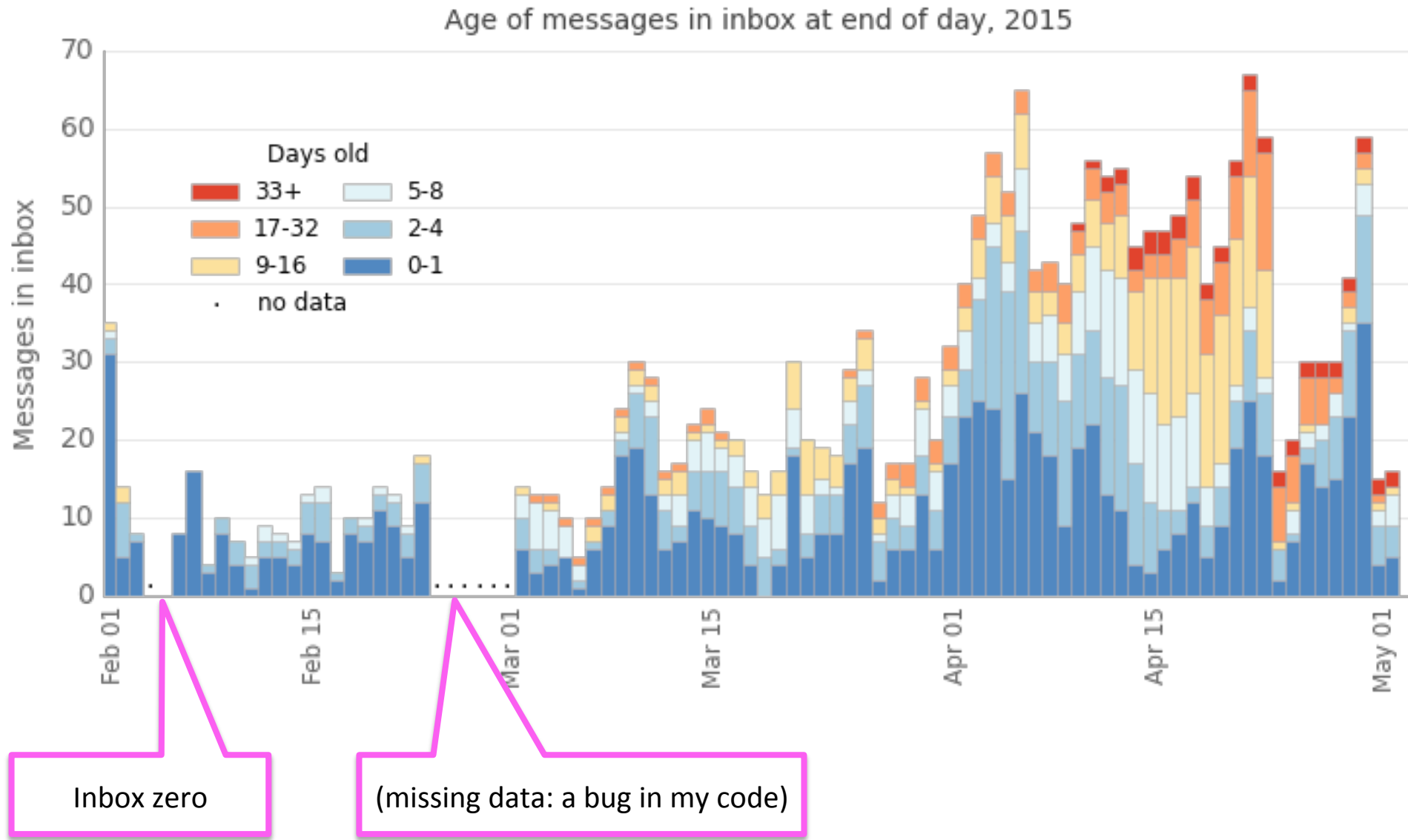
A dramatic purge



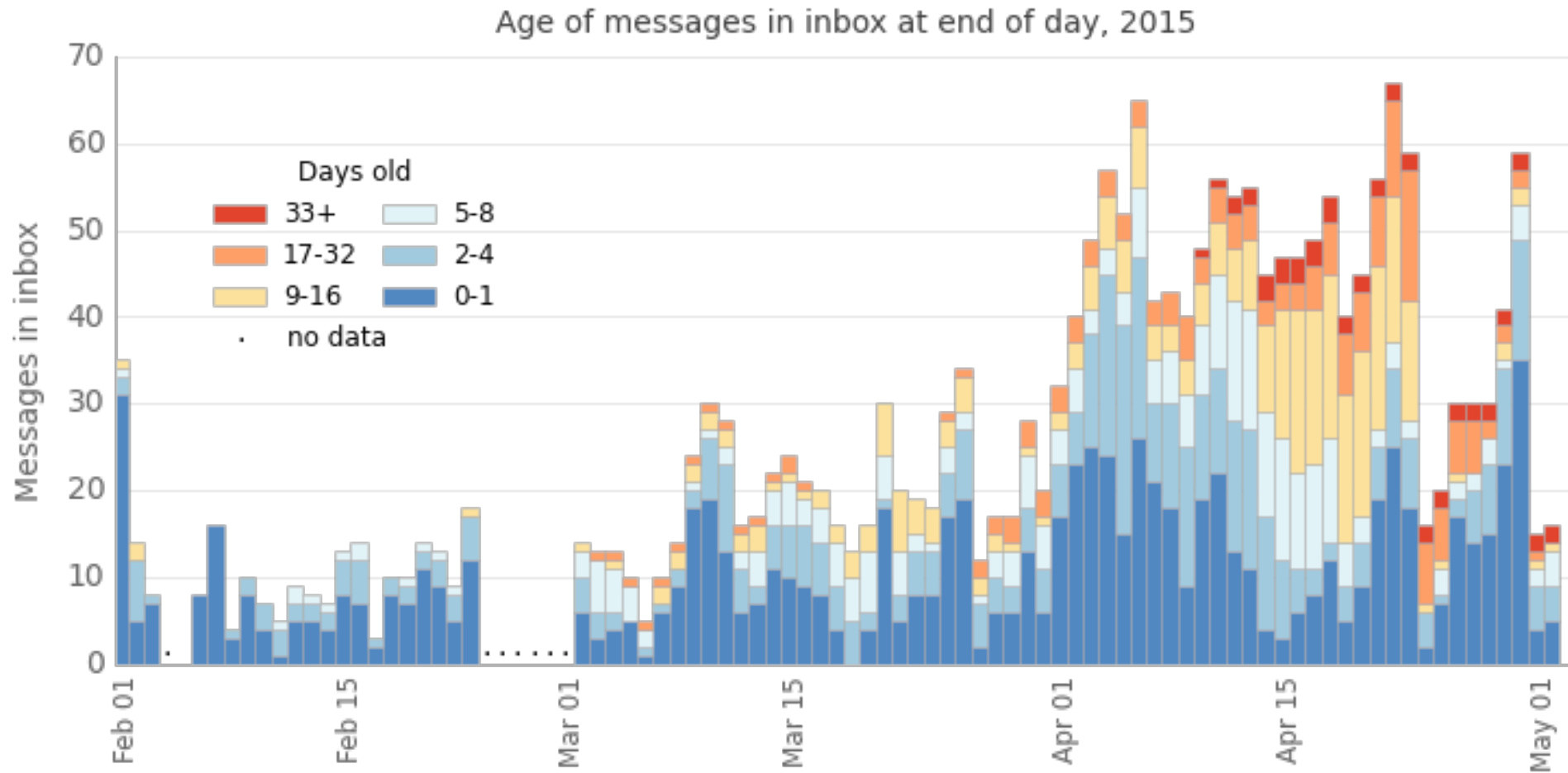
The dynamics of my inbox growth starting from zero



The dynamics of my inbox growth starting from zero

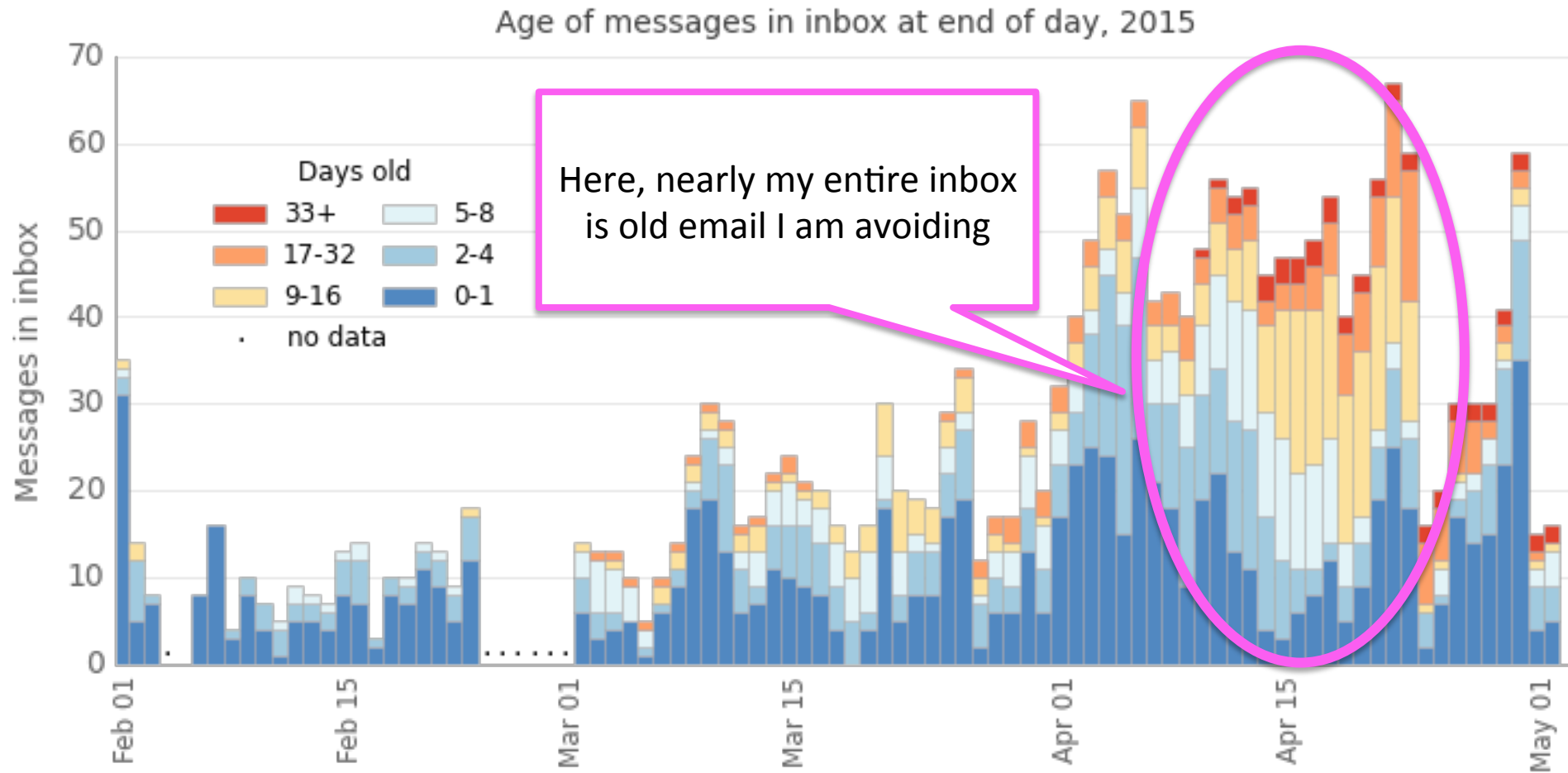


The dynamics of my inbox growth starting from zero



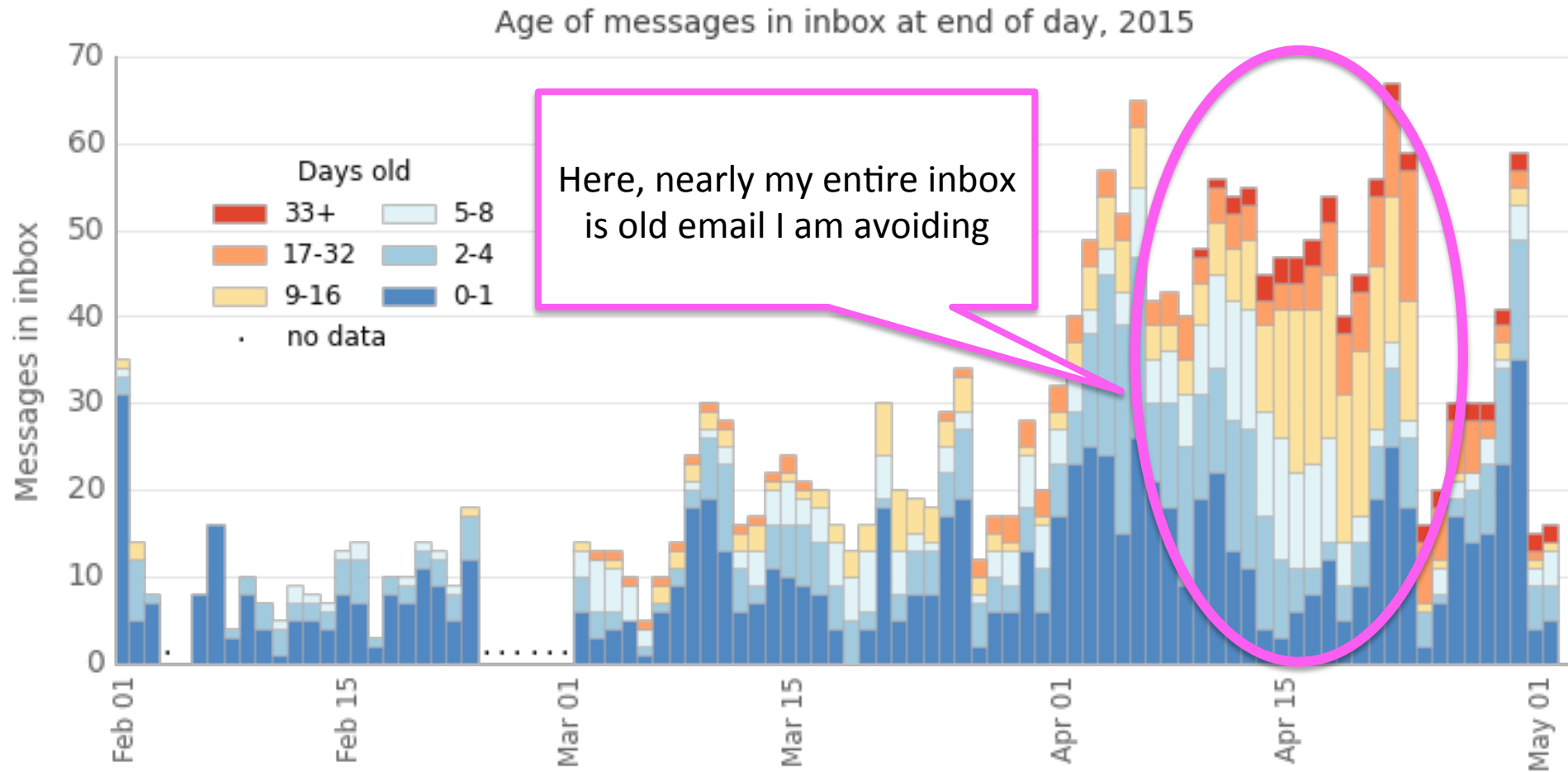
I stay on top of recent emails while consciously avoiding older, important ones.

The dynamics of my inbox growth starting from zero



I stay on top of recent emails while consciously avoiding older, important ones.

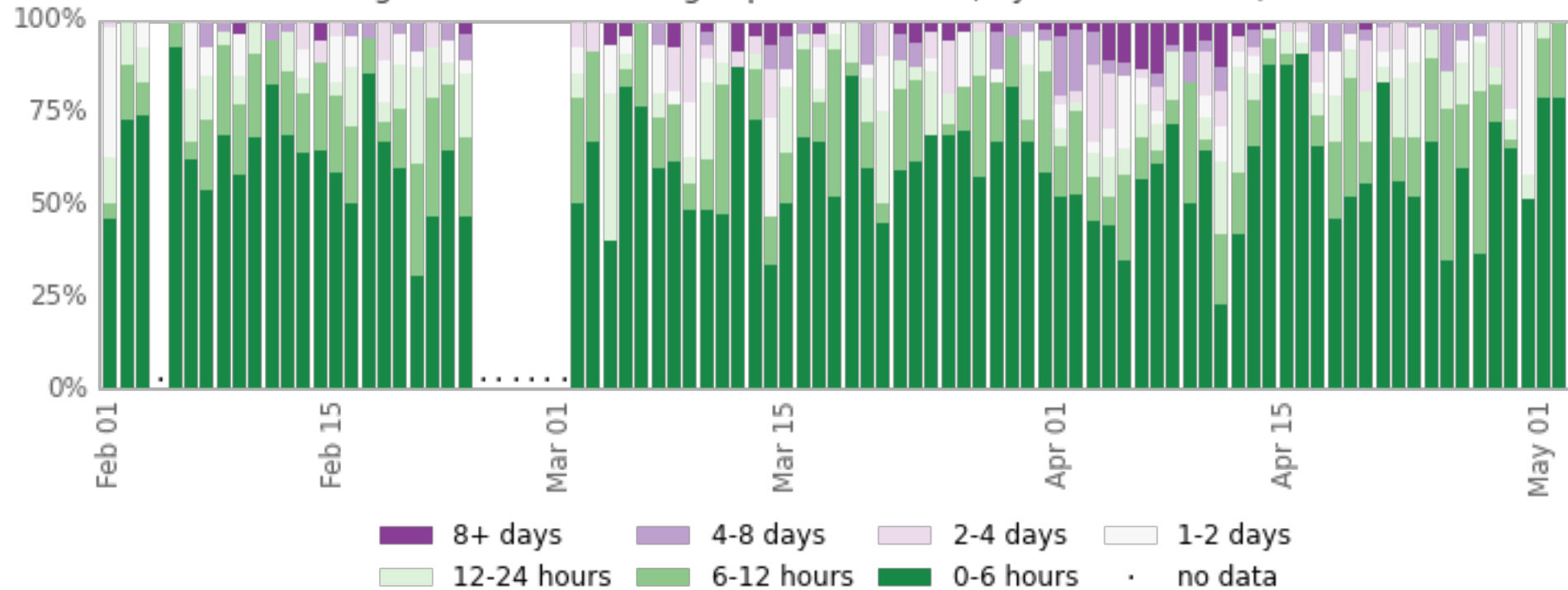
The dynamics of my inbox growth starting from zero



I stay on top of recent emails while consciously avoiding older, important ones.

My responsiveness to emails

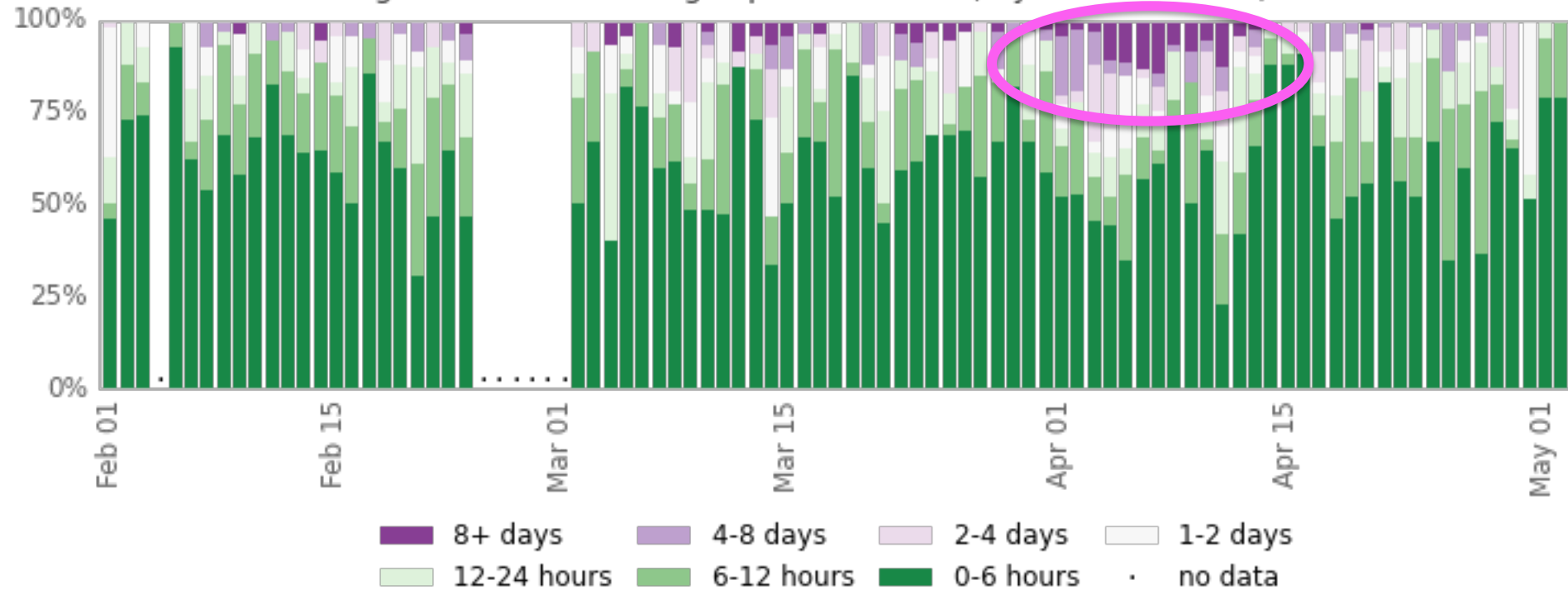
Length of time a message spends in inbox, by date of arrival, 2015



My responsiveness to email

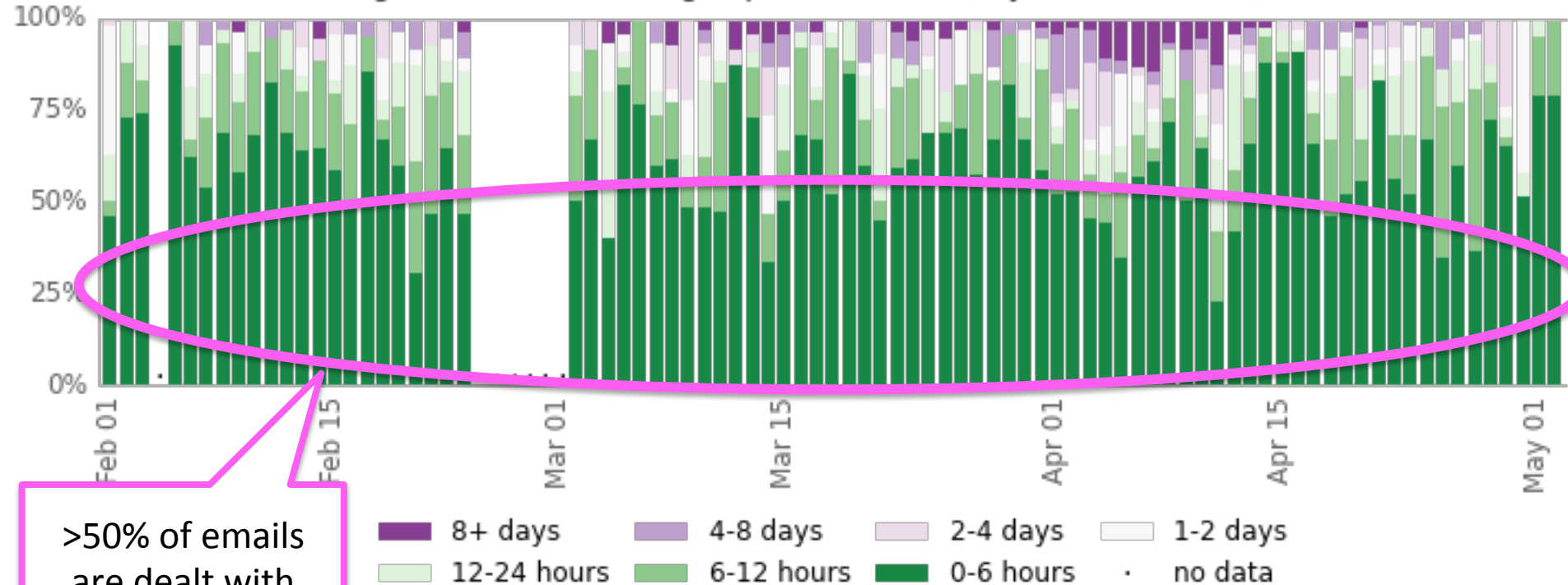
Many emails not dealt with for 4+ days

Length of time a message spends in inbox, by date of arrival, 2015



My responsiveness to emails

Length of time a message spends in inbox, by date of arrival, 2015

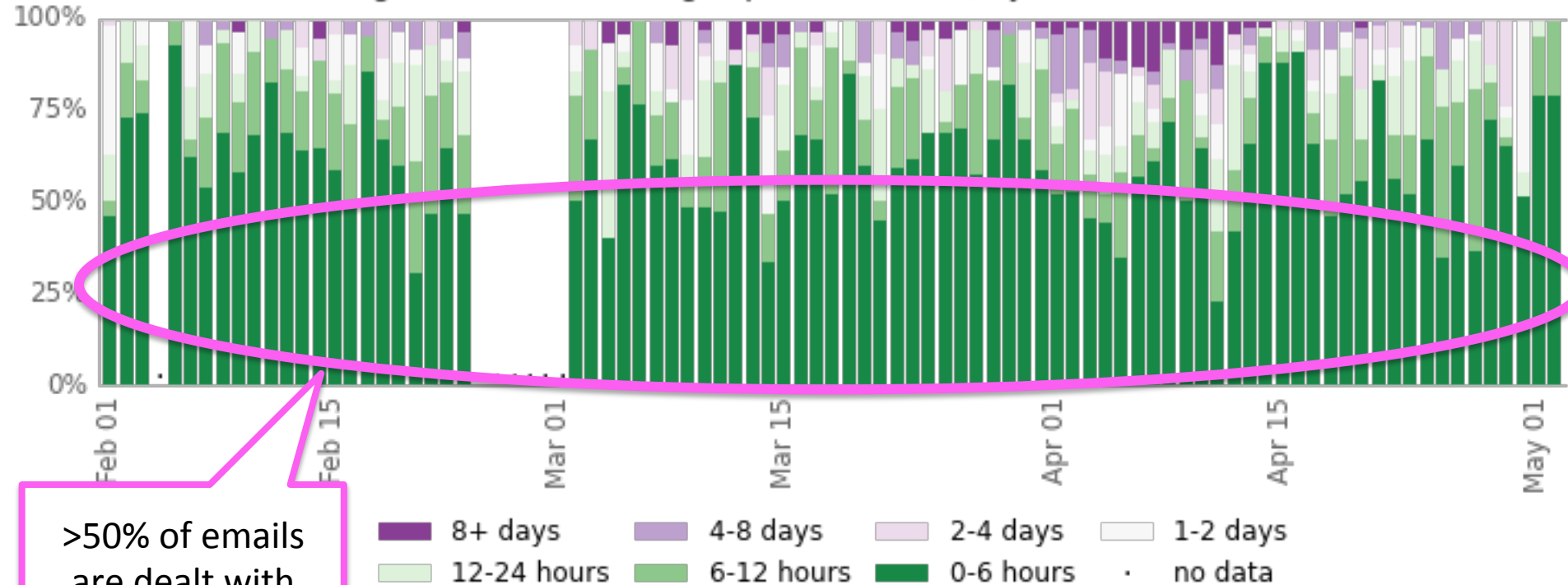


>50% of emails
are dealt with
within 6 hours!

I am depressingly responsive in dealing with trivial emails at the same time that I am procrastinating on anything that requires effort.

My responsiveness to emails

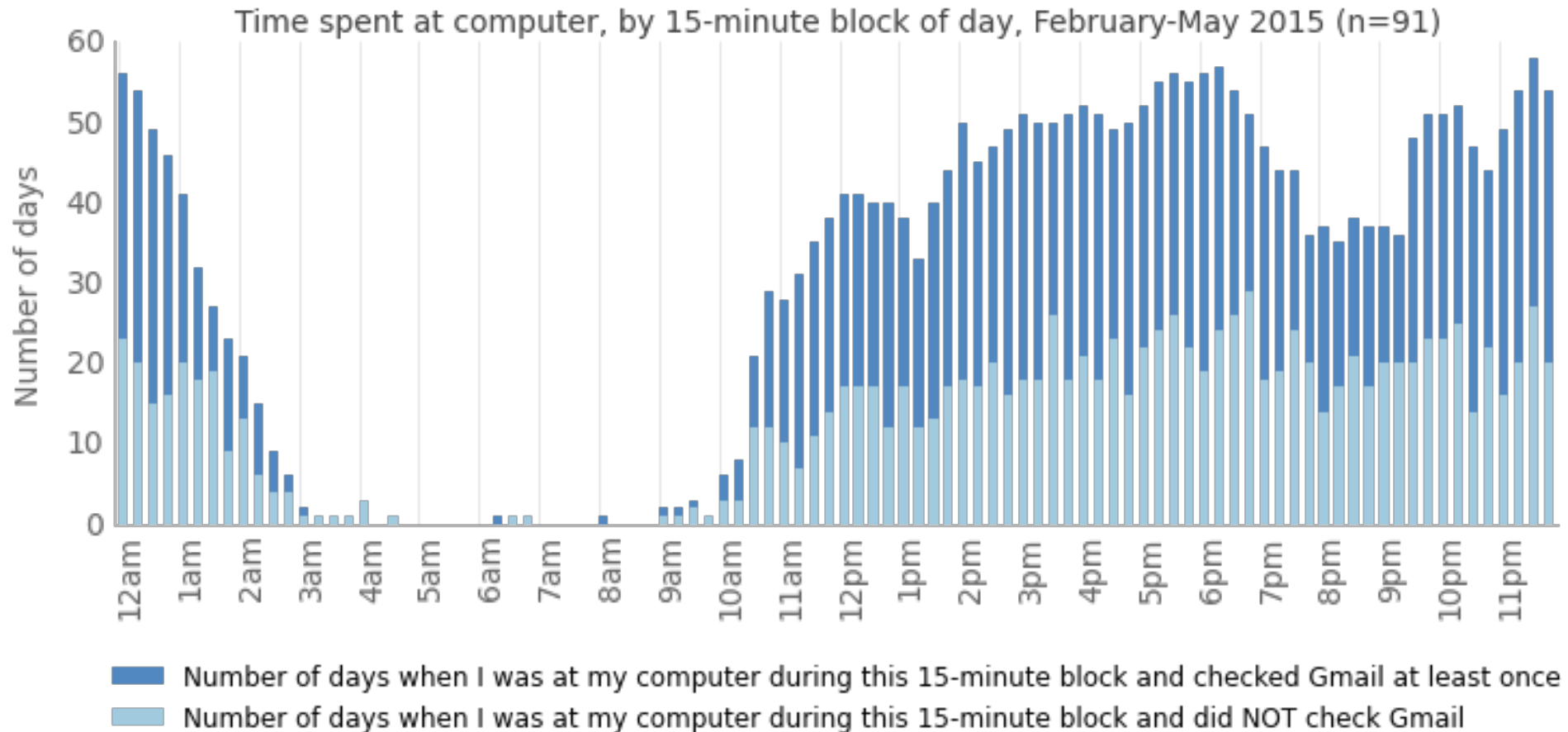
Length of time a message spends in inbox, by date of arrival, 2015



>50% of emails
are dealt with
within 6 hours!

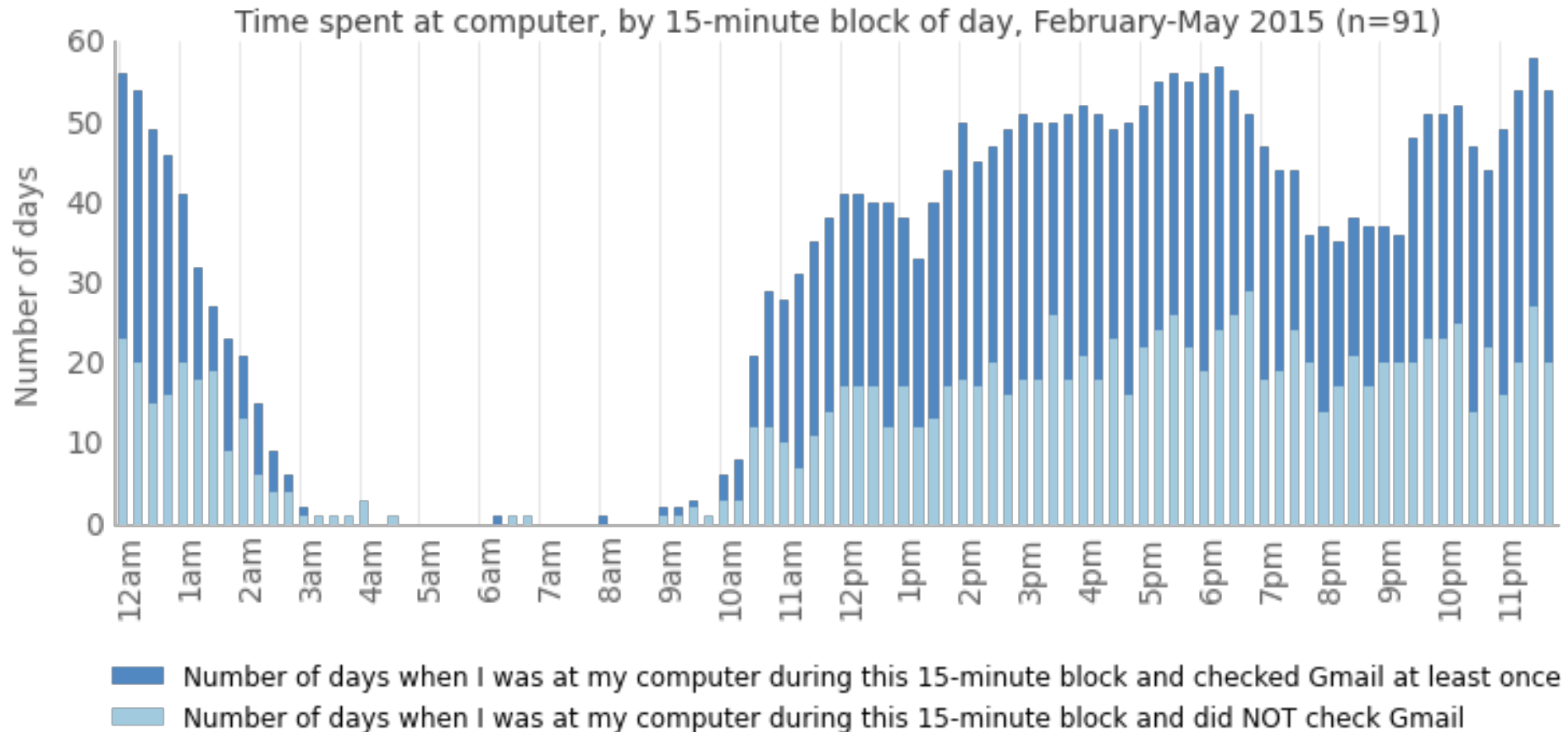
I am depressingly responsive in dealing with trivial emails at the same time that I am procrastinating on anything that requires effort.

Time spent checking email



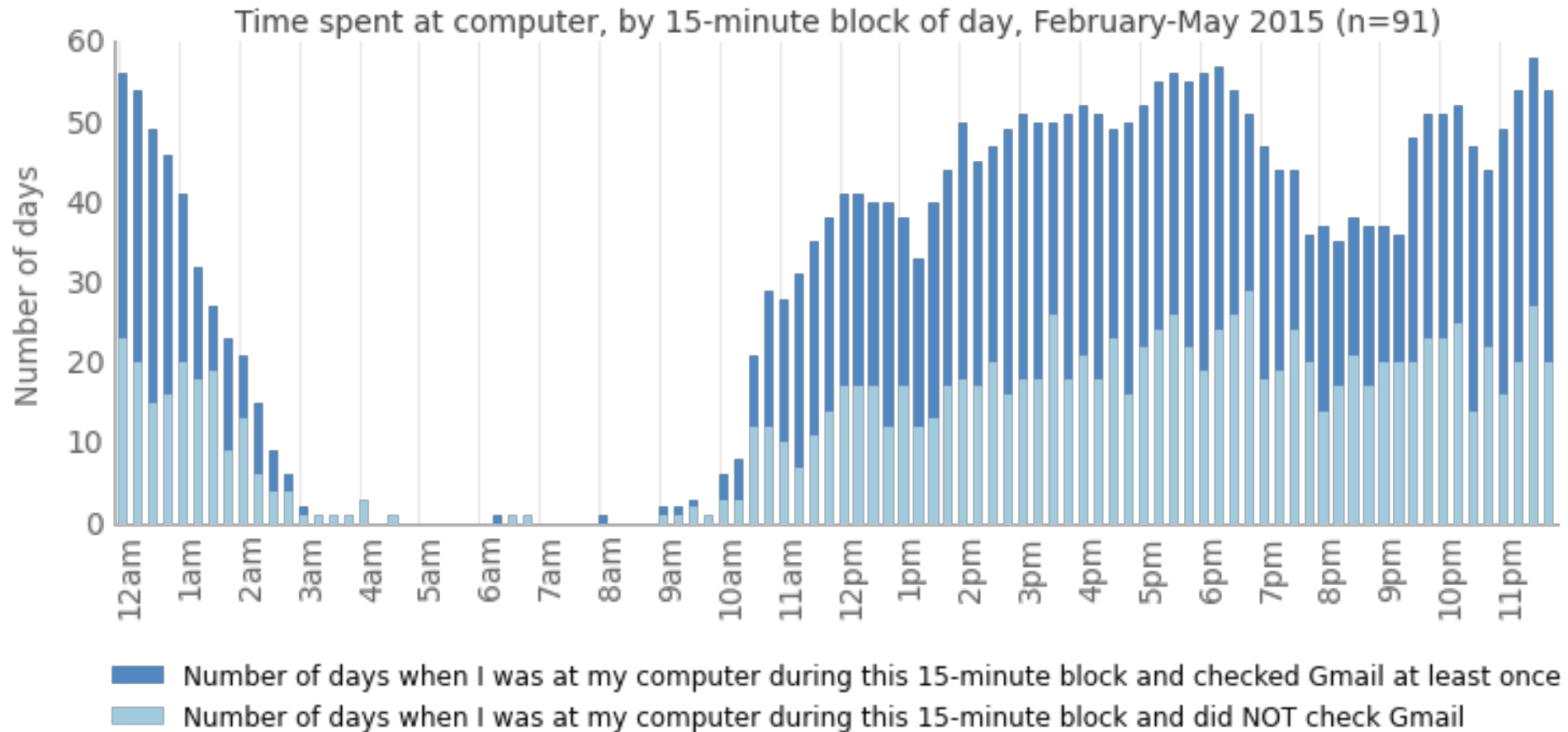
Computer usage data from *Time Sink*

Time spent checking email



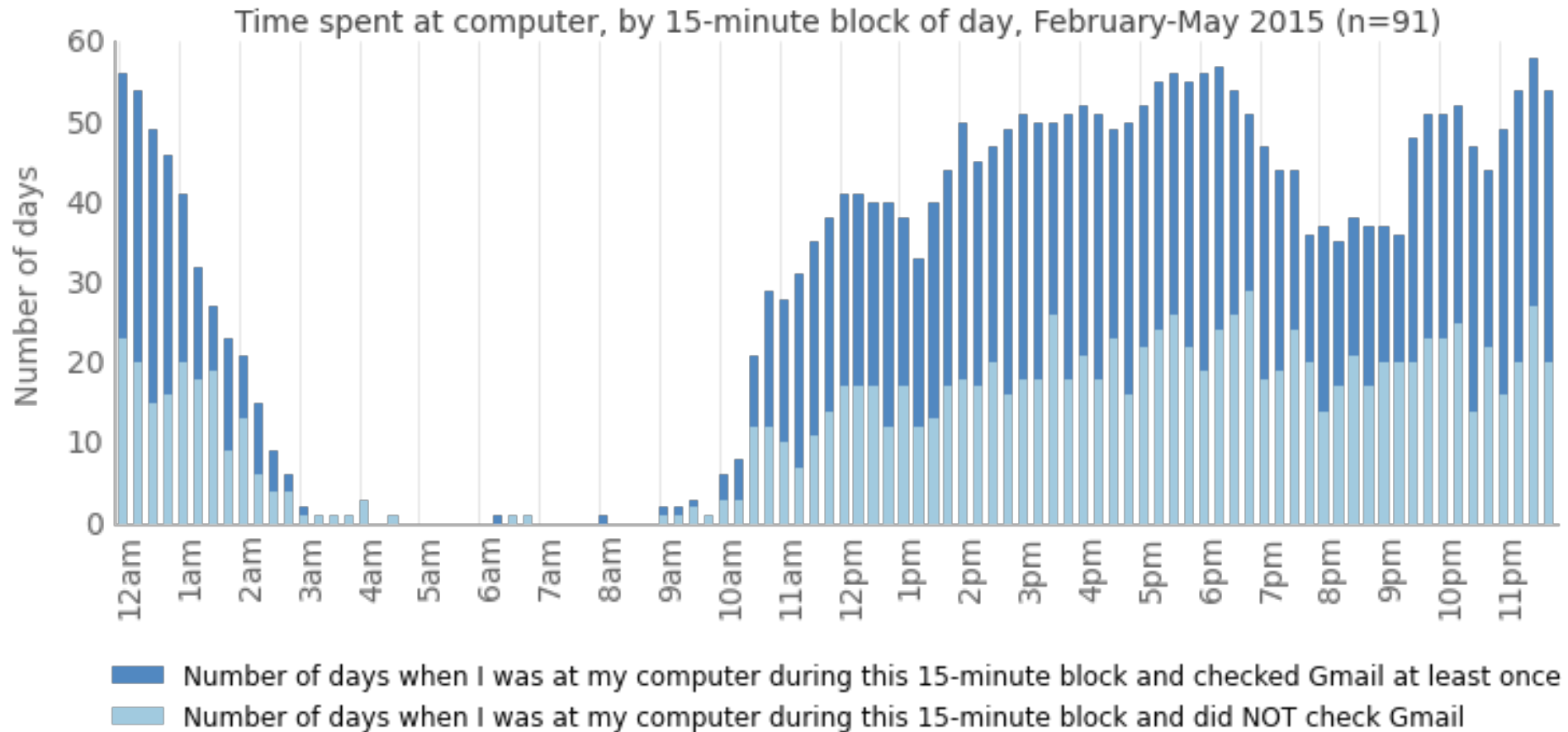
Computer usage data from *Time Sink*

Time spent checking email



Checking email has become a compulsive routine.

Time spent checking email



Checking email has become a compulsive routine.

Overturning my assumptions

Assumption:

Inbox count as a passive
record of my stress

Reality:

My email habits *enable* my
inbox count to cause stress

Overturning my assumptions

Assumption:

Inbox count as a passive
record of my stress

Gathered more detailed
data to make cool time
lapse

Reality:

My email habits *enable* my
inbox count to cause stress

More detailed data shows
alarming truths about my
relationship with email

Overturning my assumptions

Assumption:

Inbox count as a passive
record of my stress

Gathered more detailed
data to make cool time
lapse

“I’m bad at email”

Reality:

My email habits *enable* my
inbox count to cause stress

More detailed data shows
alarming truths about my
relationship with email

I’m addicted to email

I'm addicted to email.

