After a lot of self reflection, I've realized you take up entirely too much of my time. I used to, and still love the content you push out to me, but you're ruining me in the sense that it's too much. It's not you, it's me.

**Reflection Questions:**

* Why did you choose the particular operating system or application for your letter?

I chose Tiktok because I use it the most out of all the applications I use.

* What emotions did you feel while writing the letter?

A bit funny writing a break-up letter to an app.

* How does this activity reflect the role that technology plays in our lives?

Technology plays an ever-growing part of our lives, reflecting on genuinely how much time you spend using technology is a good idea.

* Did the process of writing the letter help you better understand your feelings toward the technology you interact with?

Sort of, I still probably will keep using Tiktok but it was a good exercise.