

Advice on general technology addiction

Posted by tryingmybest2 - 26 Apr 2015 15:19

Hi,

I've had an addiction to technology of all kinds since I can remember. I have known all along that it was unhealthy, but only recently have I tried to put myself back in control. I'm wondering if there's anyone out there that has had a problem of this sort, and what steps they have taken to work their way out of it.

Thanks!

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Re: Advice on general technology addiction

Posted by newaction - 26 Apr 2015 20:52

Just addicted to technology ? like flying on a Boeing 787 ? or driving a Lexus model 2016 ? I dont see anything unhealthy with that. Can you specify ? Thank you brother.

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Re: Advice on general technology addiction

Posted by tryingmybest2 - 27 Apr 2015 03:14

Thanks for responding, I'll try to clarify a bit:

When I was younger, I couldn't pull myself away from video games and PDAs. Now, it's the latest smartphone, computer, Internet connectivity device ... Even if I don't have the device and have no intention of purchasing one, I'll spend hours at a time on the Internet studying how it works and potential usages. And by hours, I mean sometimes up to 2AM or later. (And if I do own it, I may spend hours and/or days fiddling around with it.)

I should probably add that spending time 'surfing the Internet' falls into a similar category for me
- I'll spend lots of time just looking for something interesting that I can learn about next.

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Re: Advice on general technology addiction
Posted by newaction - 27 Apr 2015 05:53

So you spend hours on the internet and it is not porn what you are looking at ? and it is not
masturbation what you are doing ,not like pretty much most of the users that come to this site ?
I will be the first to congratulate you !

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