

SMARTPHONOLICS ANONYMOUS



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Ten-week detox class

Objective: to significantly reduce your dependency on a smartphone and manage the withdrawal symptoms. Basically, to reclaim your life from its tyranny.

Week No.	Topic	What you will learn...
1	Inter-touch-or-swipe time reduction	How to increase the time between consecutive screen wakeup touches or swipes (inter-touch-or-swipe time) from 3 minutes to 20 minutes by talking to your neighbours, thinking naughty thoughts, meditation, self-induced trance, or by wearing boxing gloves or a baseball mitt.
2	Inter-pocket retrieval time reduction	How to increase your smartphone's time-in-pocket from 3 minutes to 20 minutes by sitting on your hands, sewing up the pocket (phone inside) or, in extreme cases, the use of manacles to restrict hand movement.
3	Ringtone and message alert resistance.	How to ignore an insistent ringtone or message alert using yoga-based self-control, ear plugs, turning down the volume or, in extreme cases, Pavlovian conditioning based on electric shock administered to the sensitive palms of the hands.
4	Managing withdrawal symptoms.	How to manage the physical separation of you and your smartphone using deep-breathing exercises, meditation, chewing gum, or a modest amount of alcohol (over-18s only).
5	Social media withdrawal.	How to delete popular social media accounts, unfriend cyber friends and clean-up your digital footprint on the Web. How to cope with not knowing what everybody is doing all day every day.
6	The ON/OFF switch.	How to locate and use the ON/OFF switch on your smartphone. WARNING: this is a traumatic event and we sometimes experience drop-outs at this point. Be prepared.
7	Relearning communication skills.	How to talk with real people. How to look them in the eye. How to listen. How to use and interpret body language. How to construct simple sentences in English rather than textspeak. Basically, a refresher of your pre-smartphone communication skills. You will be asked to bring conversation stimulators such as photographs of your loved ones, a pack of cards or a board game, or be prepared to discuss a controversial topic such as immigration, the right to abortion, or the existence of God.
8	Physical rehabilitation.	Simple finger, wrist and neck movements to help restore fingerprints, improve finger agility, reinstate rusty hand movements, and bring back a full range of neck movements following a lengthy period of just typing, tapping and looking down.
9	Renewing social skills.	Leaving your smartphone at home, you will meet the rest of your group at a local restaurant for a pleasant evening dinner. There, you will relearn the art of interacting with a social group, indulging in polite conversation and renewing your social skills in a convivial environment. Alcohol and fruit juices will be available.
10	Optional ceremonial dumping of the smartphone.	You have the option to switch your smartphone on and while the group leader calls your number and the phone is ringing, drop it from a great height into a bucket of water. You will listen to the ringtone change from its initial shrill tone to a gargle to a sigh and finally... nothing. At this point your addiction is cured and you will receive your "I'm an ex-smartphonolic" certificate. Congratulations