Is it possible to have a different relationship with my smartphone?

One month self-intervention (May 2021): switching to a “dumbphone” + browser alternatives

For example: using WhatsApp web, Twitter or Telegram on laptop (instead of native apps)
Protocol followed for gathering quanti and quali data

In absence of smartphone, “low tech” combination of self-tracking tools

1) Pressing one button tracker (Puck.js) when needing / thinking about the smartphone [data: timestamp]

2) Keeping the button pressed for continuous seconds to estimate intensity of event [data: duration in secs]

3) When duration significant, adding annotation on spot with self-observations [data: raw text]
Protocol followed for gathering quanti and quali data

In absence of smartphone, “low tech” combination of self-tracking tools

3 categories (emerged at beginning of intervention)
- Negative: “default” mode, especially for short durations (≈2-10 secs) - feeling of need / habit
- Positive: events considered beneficial or perception of advantages / mindfulness
- Reflection: events leading to questions about intervention process, others or context
Data processing: merging puck.js dataset with transcribed notes

Later work on spreadsheet (lots of invalid data points due to choice of tracking button)

<table>
<thead>
<tr>
<th></th>
<th>Timestamp</th>
<th>Duration</th>
<th>Category</th>
<th>Observations</th>
</tr>
</thead>
<tbody>
<tr>
<td>54</td>
<td>2021-05-05 20:10:01</td>
<td>6.117980957</td>
<td>Negative</td>
<td></td>
</tr>
<tr>
<td>55</td>
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<td>27.97595215</td>
<td>Negative</td>
<td></td>
</tr>
<tr>
<td>56</td>
<td>2021-05-06 8:30:01</td>
<td>6.067199707</td>
<td>Negative</td>
<td></td>
</tr>
<tr>
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<td>2021-05-06 12:29:58</td>
<td>9.583221436</td>
<td>Negative</td>
<td></td>
</tr>
<tr>
<td>58</td>
<td>2021-05-06 15:26:36</td>
<td>10.24957275</td>
<td>Negative</td>
<td></td>
</tr>
<tr>
<td>59</td>
<td>2021-05-06 15:46:23</td>
<td>2.690704346</td>
<td>Negative</td>
<td></td>
</tr>
<tr>
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<td>2021-05-06 15:46:32</td>
<td>2.382507324</td>
<td>Negative</td>
<td></td>
</tr>
</tbody>
</table>

755 total data points - but in last days puck.js failed :(  
Finally 268 "valid" data points for 3-30 May 2021  
(after cleaning up data, mainly extremely long & short erroneous, suspicious data points)

≈ 111 observations  
≈ 68 handwritten pages  
≈ 9,500 words
Negative events intense at the beginning, but then decrease

When missing the smartphone, experiencing issues in communication or finally having to use it

https://backlogs.net/interventions/digital_minimalism_may2021.html
Negative events intense at the beginning, but then decrease

When missing the smartphone, experiencing issues in communication or finally having to use it

https://backlogs.net/interventions/digital_minimalism_may2021.html
More reflection and positive reactions after two weeks

Technical issues persist but anxiety decreases and more attentiveness events recorded

https://backlogs.net/interventions/digital_minimalism_may2021.html
Examples: initial feelings of dependence, FOMO, uncertainty

More recurrent during early morning routine, when commuting and in “waiting” situations

Timestamp=May 10, 2021, 18:00
Duration=182.5643005
Observations_changed=As I have already noted some other time, the situation of “waiting”, in this case about 20 minutes on the usual train platform of the Austerlitz station for the next VICK train to Versailles, implies an outbreak of restlessness and the habit / need to check the smartphone, surely with the influence of other people doing that around me. Instead I have continued with my music while writing these notes and observing other people.
Examples: recurrence of practical / user experience complications

Basic communication nonoptimal, especially when moving around and lacking alternatives
Examples: some perceived benefits in concentration and focus

Realizing positive events of less distractions in known / usual places: at home, train, office
Examples: reflections in relation to others and the intervention itself

In parallel to readings on the topic and documenting the process, some annotations are sort of “meta”