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

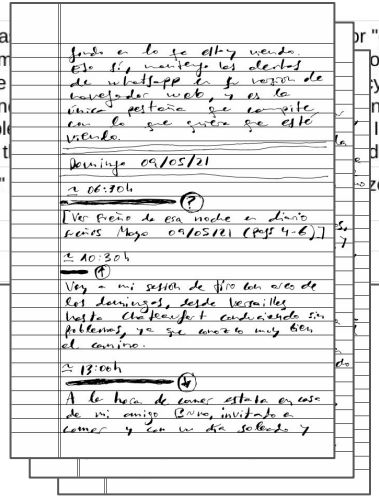
3 categories (emerged at beginning of intervention)

- 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)

	A	B	C	D
1	**Timestamp**	**Duration**	**Category**	**Observations**
54	2021-05-05 20:10:01	6.117980957	Negative	
55	2021-05-05 22:57:57	27.97595215	Negative	At night, once at home, due to last minute problems with my daughter's flight, I must open the Vueling ap steps there, since the website for tickets is more confusing to me.
56	2021-05-06 8:30:01	6.067199707	Negative	Continuing with the problems of last night, and the need to resolve at the last minute issues of permits so statement regarding Covid to be able to return to France, I had to use the smartphone again during the m flight anyway :(
57	2021-05-06 12:29:58	9.583221436	Negative	An added note to this is that my plan today wa r "detox" as I had seemed too risky to hit the road without the sm oblem in this wh for mobility in general. On the one hand, more y is so necessa directions. On the other hand, the need (a min navigation wher walking. For the latter, it is not so unreasonabl I have already b where one feels comfortable with "wandering t dition :)
58	2021-05-06 15:26:36	10.24957275	Negative	When I feel like going to the bathroom (to "sit" ze an impulse to social networks, etc.
59	2021-05-06 15:46:23	2.690704346	Negative	
60	2021-05-06 15:46:32	2.382507324	Negative	

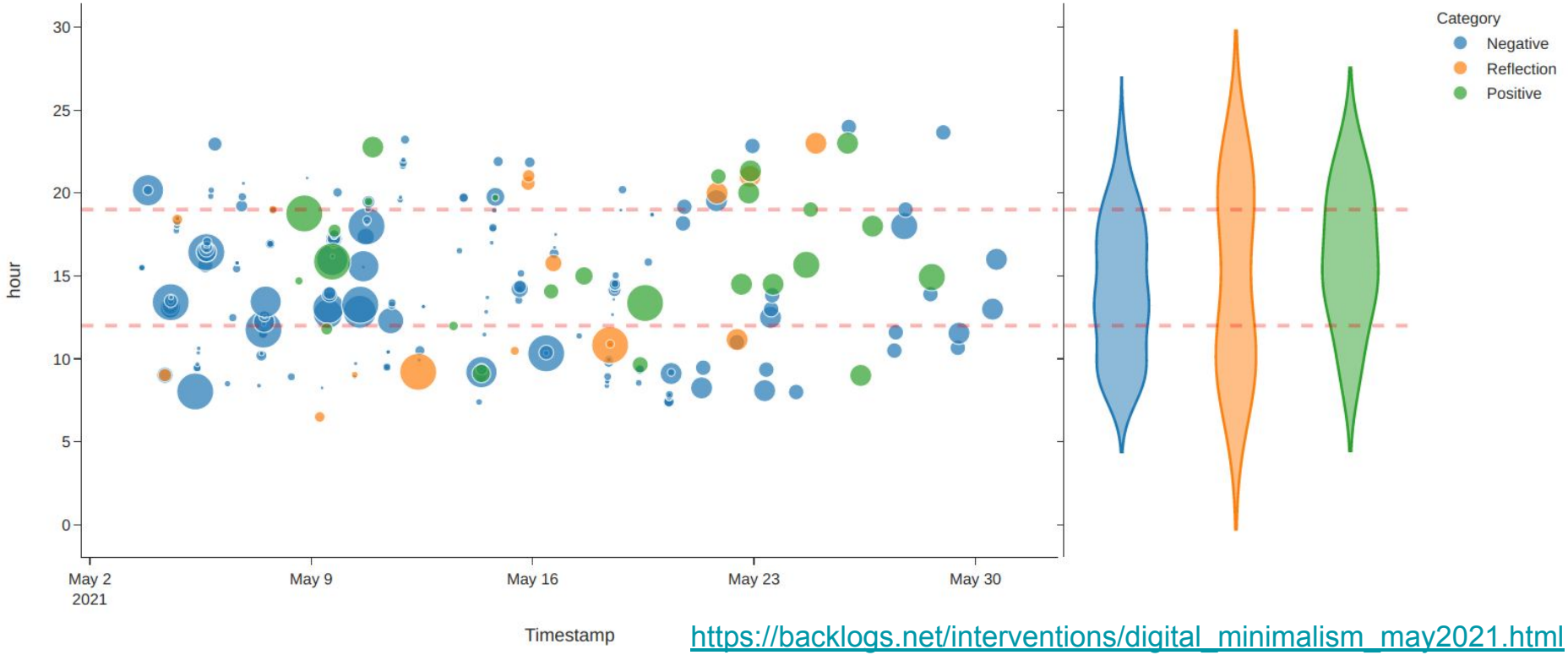


755 total data points - but in last days puck.js failed :(
Finally 268 “valid” data points for 3-30 May 2021
(after cleaning up data, mainly extremely long & short erroneous, suspicious data points)

≈ 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

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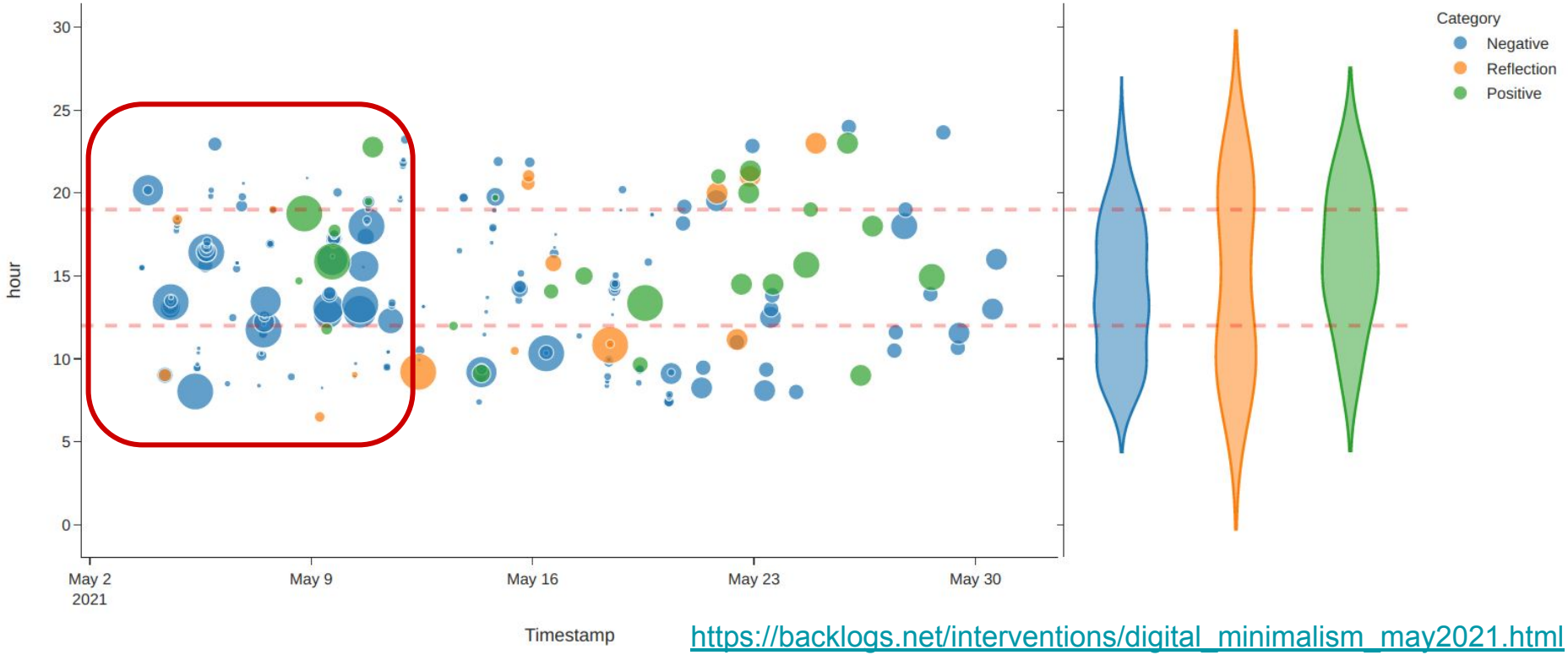
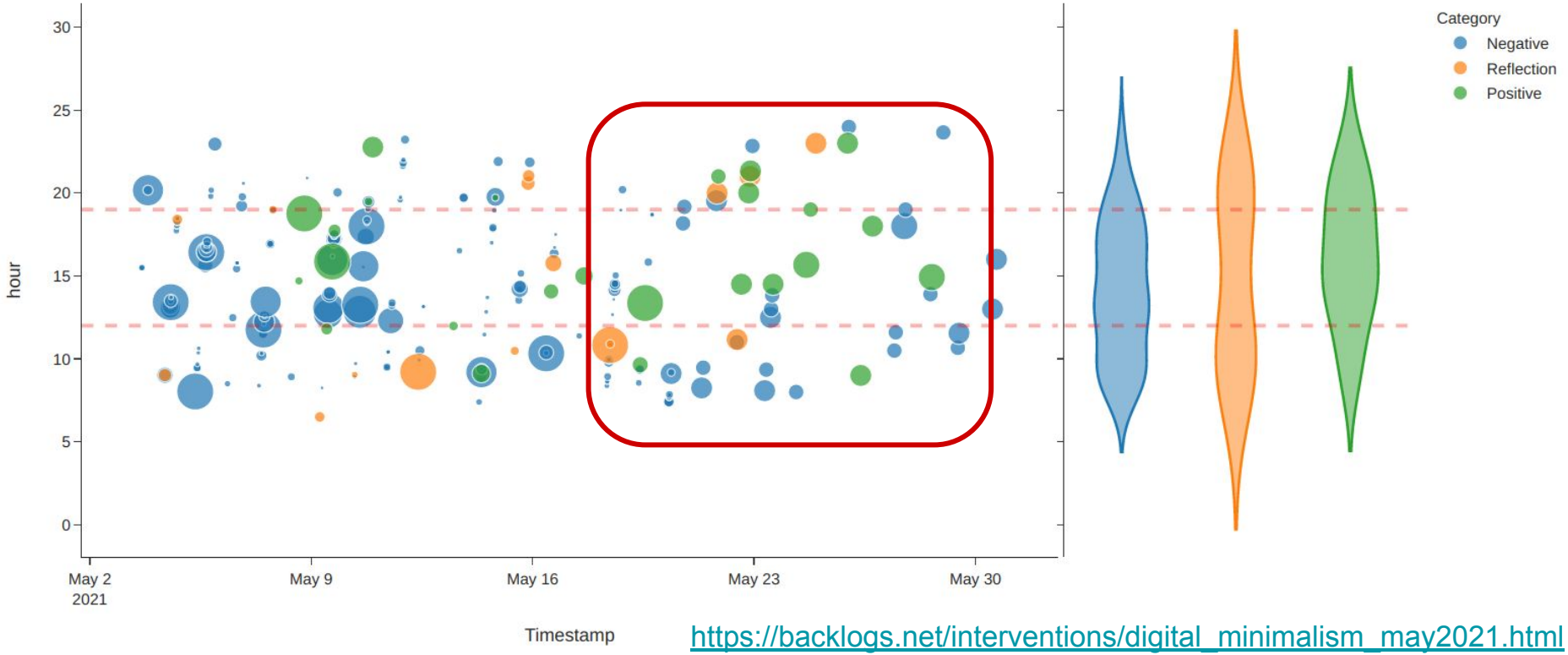


https://backlogs.net/interventions/digital_minimalism_may2021.html

More reflection and positive reactions after two weeks

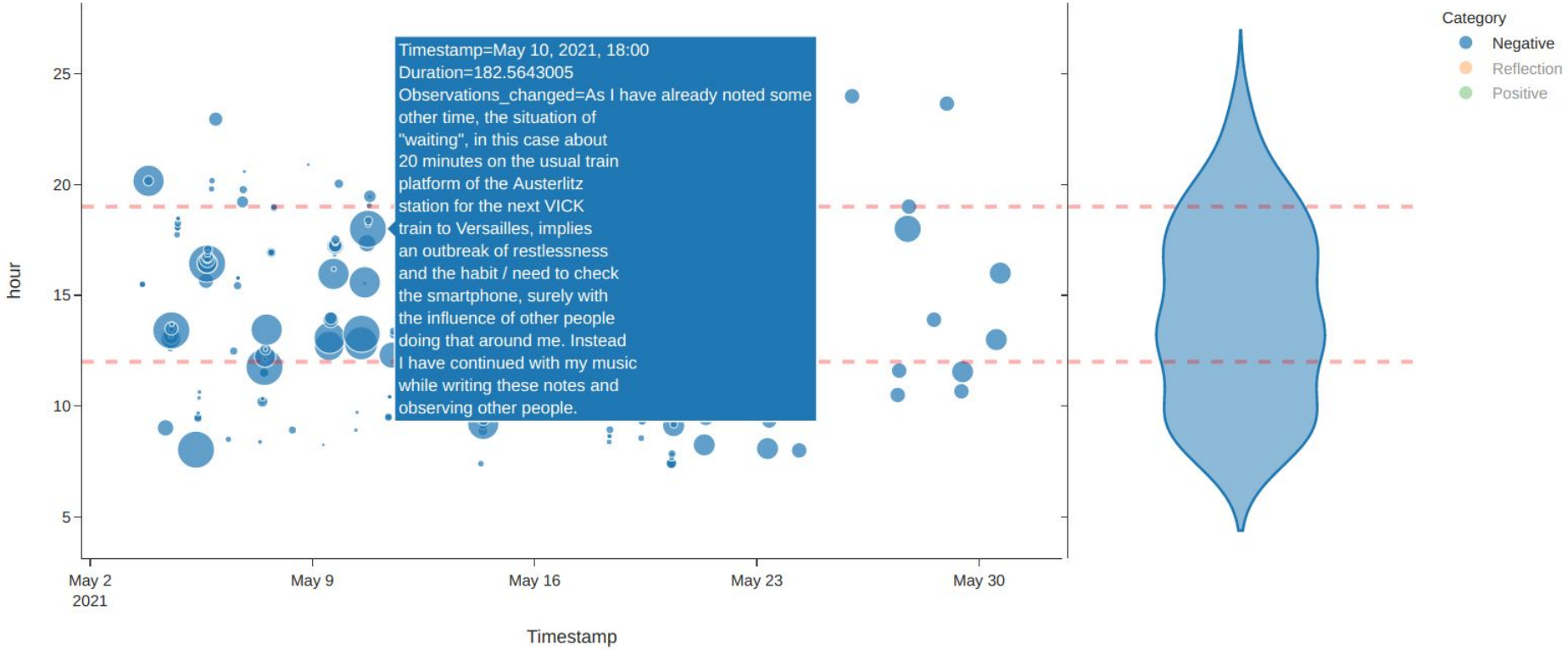
Technical issues persist but anxiety decreases and more attentiveness events recorded



https://backlogs.net/interventions/digital_minimalism_may2021.html

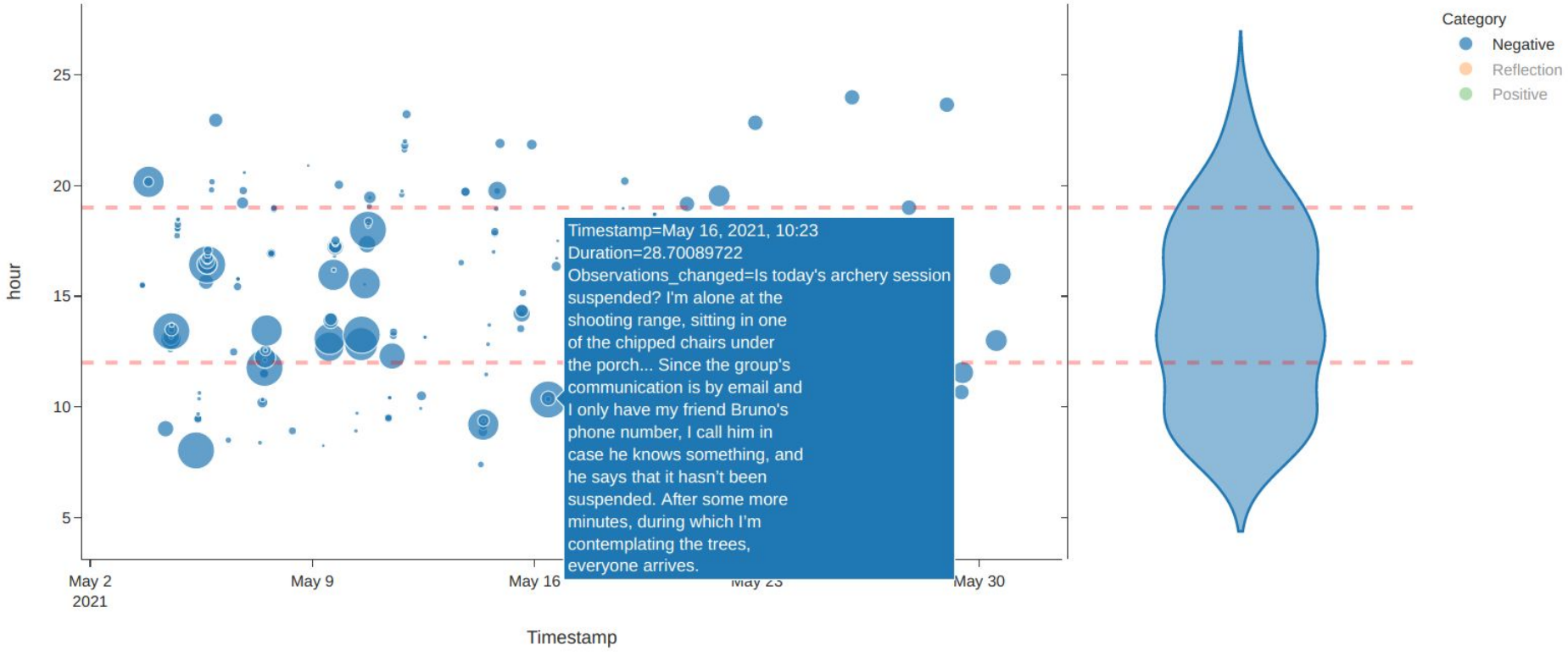
Examples: initial feelings of dependence, FOMO, uncertainty

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



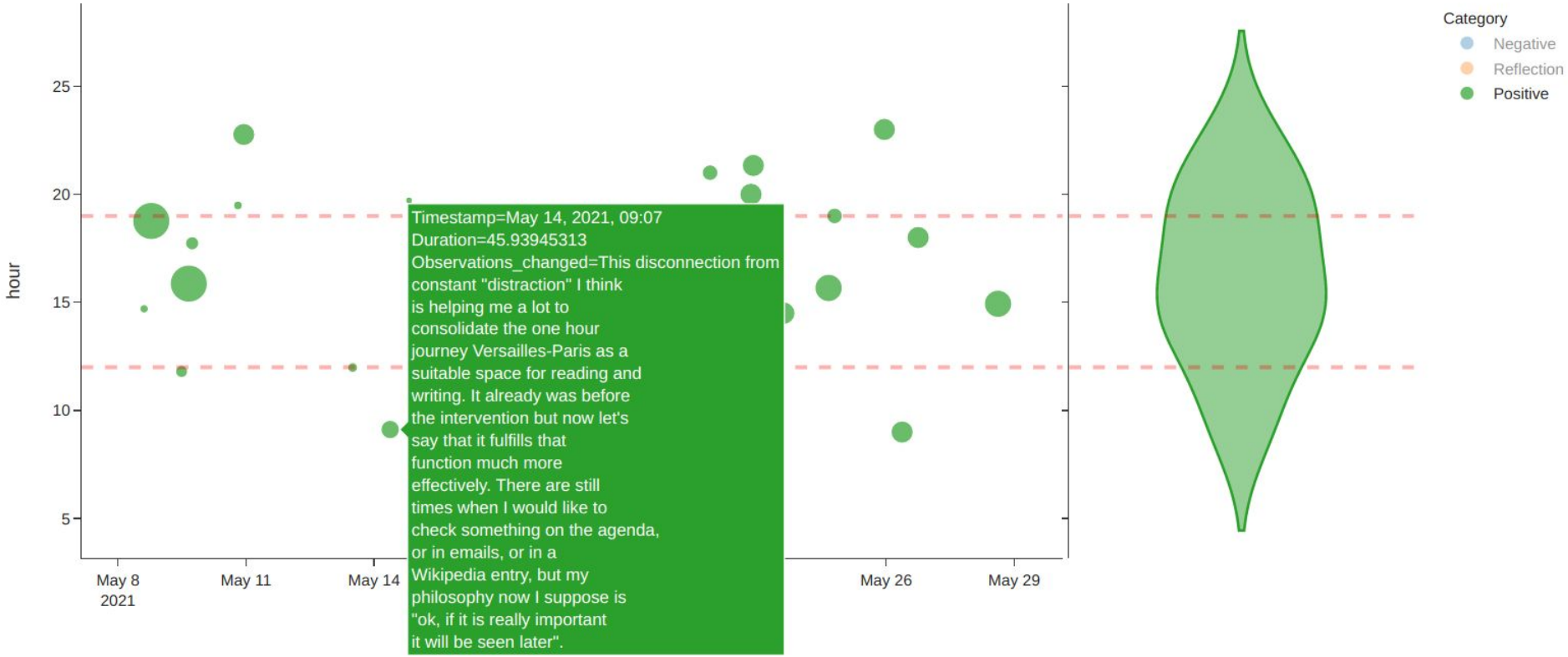
Examples: recurrence of practical / user experience complications

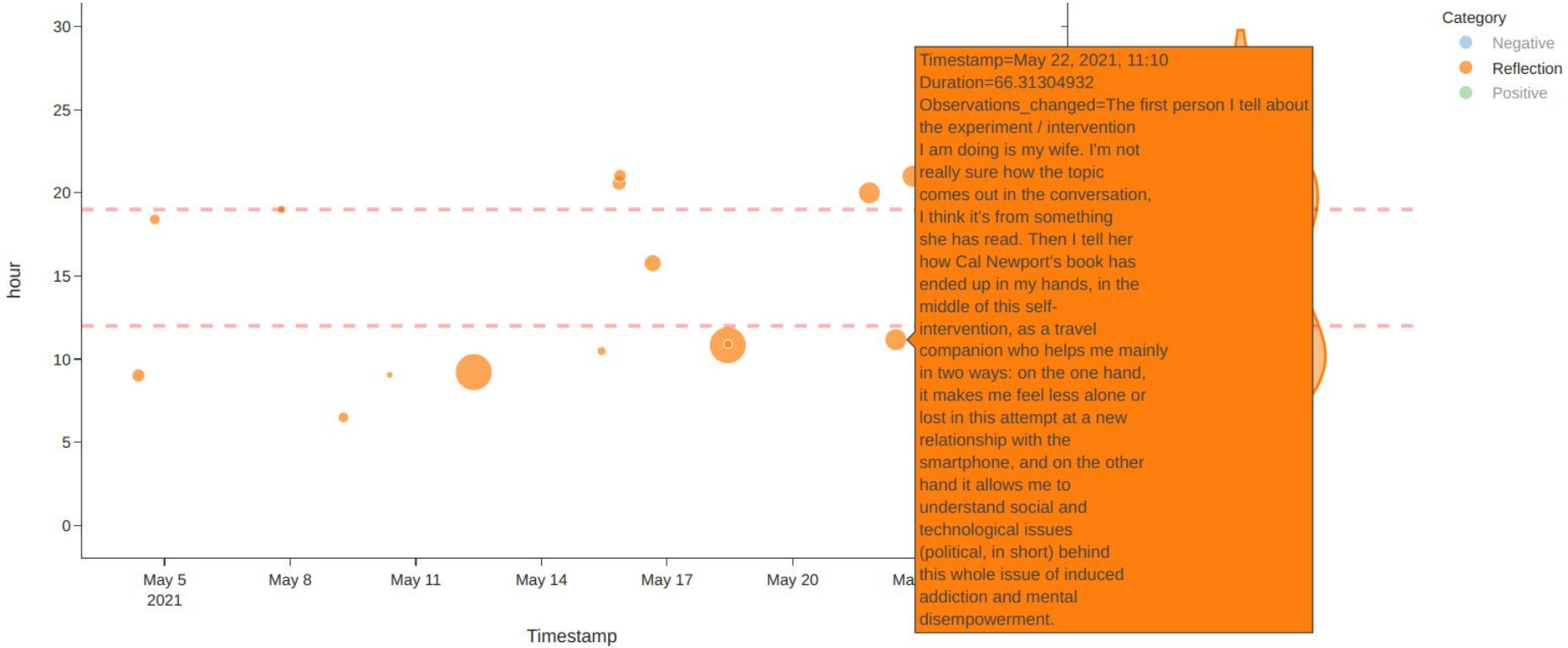
Basic communication nonoptimal, especially when moving around and lacking alternatives



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”