

## **TECHNOLOGY: THE DARK SIDE!**

*Technology... is a queer thing. It brings you great gifts with one hand, and it stabs you in the back with the other...C.P. Snow*

### **WHAT TO KNOW!**

- ❖ Technology can be harmful to us and to the planet even though it's used to feel good, have fun, get educated, and work more quickly
- ❖ Technology has allowed us to live in a fast paced world where we have difficulty relaxing and tuning in to our bodies and ourselves
- ❖ Our devices have also led us to become demanding and expect immediate gratification
- ❖ Our patience level has diminished, our ability to tolerate frustration has decreased, we have become less creative, and we use less critical thinking skills
- ❖ Without recognizing it, people have become addicted to the use of certain devices
- ❖ Technology has also allowed for the intrusion into one's privacy and one's boundaries
- ❖ We have become dependent and may truly suffer if we do not have enough energy to run our devices, as many of us found out during Hurricane Wilma
- ❖ With technology, face to face meetings happen less and interpersonal skills become atrophied; people stay home to work, play, shop, and school
- ❖ Technology especially social media has led to a greater narcissistic focus on oneself exposing private information to others including strangers
- ❖ With technology, the media bombards us with politics, bad news, gruesome pictures, intimate gossip and events that don't effect us but help to shape the norm of society
- ❖ Technology has contributed to the social problems of obesity, child predators, and internet/gambling/pornography addiction
- ❖ Because of virtual reality programs, people, especially children, can get a false sense of reality especially through videogames

### **TECHNOLOGY TRAPS!** (According to Peter Crabb and Steven Stern):

- ❖ **The Incompetence Trap** – Important skills may wither away when too much reliance is placed on technologies. Examples: ready-to-eat foods replaces the ability to cook and calculators replace the learning of math skills
- ❖ **The Self-Miscontrol Trap** – Technologies such as cell phones, videogames, and the internet, undermine one's self control and have become truly addictive. How difficult is it not to look at a text or email during working, driving, or even in a social conversation?
- ❖ **The Misbehavior Trap** – The anonymity that technologies provide make it easier to break rules, be rude, act impolitely, and generally be less inhibited. You may say or do things or even expose private matters using social media that you wouldn't ordinarily do.
- ❖ **The Environmental Degradation Trap** – The rapid development of new technologies coupled with people's greed and need for the latest and the newest has led to unprecedented demands on our natural resources, especially energy

### **WHAT TO DO!**

- ❖ Set priorities and have a minimal or technology free day a week
- ❖ Set firm limits on time for texting, internet, videogaming, and television usage
- ❖ Exercise and do outdoor activities
- ❖ Socialize face to face with friends and family
- ❖ Read books and encourage family members to read in order to develop imagination and critical thinking skills and to learn vocabulary
- ❖ Seek professional help if you feel that you are addicted to technology

## **WE CAN HELP!**

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

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