

DO YOU SUFFER FROM TECHNOPHOBIA?

It has become appallingly obvious that our technology has exceeded our humanity...Albert Einstein

WHAT TO KNOW!

- ❖ Technophobia is a term coined in the last 15 to 20 years to describe a consistent and persistent fear of advanced technology especially computers and cell phones
- ❖ It is characterized by severe anxiety related to anything technological
- ❖ A phobia of technology can be very limiting and cause people to shy away from the use of computers, cell phones, and smart appliances which are a mainstay of our lives
- ❖ Technophobia became important in the Industrial Revolution when machines replaced skilled workers; in 1675 weavers destroyed machines that replaced their jobs
- ❖ Technology causes rapid changes in everything in our lives: our work, our social lives, our communications, our health, etc. Nothing is unaffected by technology.
- ❖ Technological change occurs rapidly followed by quick acceptance by our culture
- ❖ Change, especially rapid and new, can lead to anxiety, insecurity, and a loss of control
- ❖ As technology advances with new apps and breakthroughs, irrational fears increase
- ❖ Anxiety can be heightened by the media and films such as the Terminator, Metropolis, Frankenstein, Modern Times, I, Robot, etc.
- ❖ Technophobes tend to fear/panic using technological devices because they think they may be too complicated and the instructions too difficult to follow
- ❖ For the older generation, not being able to use computers and electronics like their children or grandchildren can lead to low self-esteem, self-doubts, and avoidance
- ❖ Behavioral symptoms of technophobia include:
 - avoidance of and/or reluctance to use computers, ATMs, cell phones etc.
 - unwillingness to update one's knowledge of technological devices
 - criticizing new technology
- ❖ Physical symptoms include dizziness, heart palpitations, fuzzy thinking, feeling detached, fear of losing control, shortness of breath,
- ❖ The gap, often by age, between technophobes and technolovers increases as technology advances and becomes more difficult to understand
- ❖ People often become more dependent upon technology as it becomes more complex; they simply follow instructions rather than critically thinking things out
- ❖ While technology tends to make our lives easier, it may actually complicate them as the devices can be more complicated and harder to learn
- ❖ Causes of technophobia include unresolved past emotional issues, low self-esteem, negative or painful experiences with technology, and a general fear of change

WHAT TO DO!

- ❖ Admit to being a technophobe and recognize that this is a problem
- ❖ Commit to accepting change and learning how to use new technology
- ❖ Educate yourself by taking a class, watching youtube tutorials, using search engines
- ❖ Use stress reduction techniques such as deep breathing when anxious
- ❖ Recognize irrational thinking and change to more rational thoughts
- ❖ Seek professional help if you find yourself unable to overcome your technology anxiety

WE CAN HELP!

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

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