

# How To Break Your Phone Addiction

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I got my first smartphone in the summer of 2012, and ever since, I've found myself wishing I had stuck with my flip phone. It's not that I hate my iPhone, exactly, but I frequently hate how I use it. I check it all the time, especially when I'm in the middle of hard work requiring concentration and effort. When I'm bored, I look at whatever the internet is serving up to me, often getting anxiety-provoking information I'd rather not ruminate about right then. I feel nervous about being "off the grid" if I don't have my phone with me, even if I'm unreachable only for an hour or two. And yet, despite all these ill effects, I keep carrying and checking my phone.

I don't want to be a slave to my mobile device, so I jumped at the chance to serve as a guinea pig for the program outlined in Catherine Price's new book, "[How to Break Up With Your Phone](#)." I also dug into the research and talked with experts who study digital media use. What I learned is that it's possible to take back our lives and attention from our phones, but it takes some planning and commitment.

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My biggest struggle with my phone is that I check it more often than is necessary, and then I feel bad afterwards. "People mistakenly assume you have to like something to do it over and over again," said [Adam Alter](#), a professor of marketing at New York University and the author of "[Irresistible](#)," a book about behavioral technology addiction. That's a logical assumption because "there's a strong correlation between how much we enjoy something and how much we do it," he said.<sup>1</sup> But it's not a perfect correlation, he said. We overeat while hating the feeling of having overeaten. We fall in love with people who aren't good for us and come back for more. I haven't experienced disturbed sleep from my phone, [but plenty of other people have](#). Regardless of whether we're truly "addicted" to [phones and other technology](#), many people don't like their phone habits but find it very difficult to change them.