

The internet from an outside perspective seems to be inherently good but when you dig a bit deeper into the thought of the negative implications of the internet, everything seems to unravel . Having access to the internet is affecting us both physically and mentally, first physically by damaging our eyesight from staring at the screen and ruining our posture from bending our necks so unnaturally downwards to stare at our phone. Then there is also the mental aspect that I see affecting the people around me and myself every single day. Something I find myself struggling with the most is real face to face interaction. I feel as though I even try to hide myself in my phone during social situations to try and feel more comfortable and grounded, and I can see how having my phone is continuing to change my behavior and how well I can talk to people face to face. I can see myself struggling to connect with others and also struggling to be myself and for relationships. I feel as though I can dedicate a lot of this to my Iphone and how isolated it has made me. Another point made was how the internet and technology is ruining our self sufficiency and making it more difficult to be independent creative. With the answer to everything at the touch of our fingers it makes it hard to dig into our own minds for the answer and leads us to googling everything, which seems to be limiting our creativity. My solution is timed technology. Restricting access to devices by setting a timer on our phone will force people to go out into the real world and interact with others. Without the distraction of a phone or the internet as a whole I feel like it will have us regain our own form of thinking, and expand our social and thinking skills.