

An ugly toll of
technology:
impatience and
forgetfulness essay



**ASSIGN
BUSTER**

Tara Parker-Pope is an author of books on health topics and a columnist for the New York Times, where she writes the Well blog. Her books include "For Better: How the Surprising Science of Happy Couples Can Help Your Marriage Succeed," "The Hormone Decision," and "Cigarettes: Anatomy of an Industry from Seed to Smoke." Prior to joining the New York Times, Parker-Pope wrote for the Wall Street Journal. Adulation is defined as frequent and obsessive behavior, despite negative uniqueness from dependency.

Feeling anxious or upset when leaving a cell phone at home, or experiencing anxiety when not having a wireless connection are symptoms of withdrawal from a technological addiction. People who suffer from addiction are often in a state of denial, and use substances or objects to preoccupy themselves, in order to avoid feelings of depression and anxiety. Excessive use of the Internet, cell phones and other technologies can cause people to become more impatient, impulsive, forgetful and even more narcissistic.