

Mother challenge



**ASSIGN
BUSTER**

This assignment requested that I "choose four days in a row in which you will NOT use your cell phone to Text message, watch TV or use the computer for personal matters." The assignment seemed relatively simple at first. I presumed that since I could watch television and use the computer that everything would be just fine. I had a planned trip to Toronto Canada and felt that since I did not have cell phone coverage for the area and roaming charges are very expensive, so I chose that time to exist without texting. Little did I realize that this assignment would be torture.

Texting for me, is my primary source of communication. I rarely actually talk on the phone and my daily schedule is so hectic that I don't have many opportunities to meet up with my friends. Usually, as I am going about my daily routine, I receive a text message from a friend, pause for a moment and text back. It is a quick and efficient way of catching up with people without any inconvenience. I found that when I stopped texting I had relied upon it way too much. Not being able to text felt like living in a vacuum. To be completely honest, if I had not had to deal with roaming charges, I probably would not have been able to do this assignment.

As for not using the computer, well I failed that one. I struggled for one day without using it and concluded that society never really existed until the computer age. I could not live without my computer. I did however, make a concerted effort to reduce my time on the computer. The computer is such an integral part of my life that I really cannot accomplish much without it. Likewise for the television. I never realized how much television I watch. It too, is part of my daily routine and even if I am not sitting and watching it, it is still always on. I never noticed that life takes place outside of my windows because I always have the TV blaring. I even fall asleep at night watching TV.

I think without my Cell Phone, Computer and TV I could spend more time interacting with the real world, such as family and friends, and specially spending more time reading a book, exercising. I am changing my habits! For example, I have decided to fall asleep reading instead of watching TV. Furthermore, I cannot pretend to think that I am capable of living my life without my computer because it is considered to be a necessity of life. Even as this essay is being typed, I am using my computer. My schoolwork, banking, shopping and total daily planning is done with my computer. I think that I will have an easier time modifying my behavior with my cell phone and my television. I have to admit that it has been very nice to go through the days without hearing a blaring TV or the constant beeping that comes with a cell phone text.