

12 Ways Your Phone is Changing You Chapters 3 and 4 summary

These chapters were very interesting to me and I enjoyed reading them. Chapters 3 and 4 focused mainly on what a distraction our cell phones really are and how they typically cause an extensive amount of problems in our daily lives. Reading people's stories and Reinke's comparisons helped me understand and truly listen to what he wrote. It also made me consider how much time I'm spending on my phone and how it's affecting my literacy skills and self-esteem.

The first chapter, chapter 3, put in perspective for me something I already know, that we seek approval through social media. I enjoyed reading the stories from the two girls, Essena O'Neil and Jasmine, who both used social media for validation. It honestly shocked me at first when I read that Jasmine had \$3,400 in credit card debt but as I kept reading it honestly started to make more sense. When I see things on TikTok I typically run to amazon to see if they have it. It can be clothes or even gadgets that people are using, if its trending typically I may buy it. Reinke ties this chapter up by discussing that we dont need to seek approval from humans but from God. He uses Matthew 6:1 to show that the only personal we need to be pleasing to is the Lord.

In Chapter 4, Reinke discusses literacy. This really intrigued me because whe you talk about cellphone addiction you typically don't talk about the loss of literacy but it is most definitely real. Most of the time we truly only read our text messages and instagram captions. However Reinke tells us at the end of the chapter that God's word requires the highest level of literary concentration. If we don't take control of our smartphone addictions and be more intentional with posting our smartphone will continue lower literary concentration. We have so much access to the internet and information that we are becoming less literate and more ignorant to how we live our lives. I enjoyed reading this chapter because it really opened my eyes to how I can be more intentional when it comes to my phone usage. Reinke including the graphs on page 80 and 81 really helped me see where I fit into that picture and how I can maybe incorporate reading more into my daily life and also put my phone down as well. The section, "The endless cocktail party" also helped me understand how we are in a world full of distractions and our cellphone is main one.

My digital behavior log is going well. I am now on week 4 and my screen time has lowered and documenting that was very interesting. I was very proud of myself for last week's screentime because although I was busy with recruitment and band I genuinely found time to put my phone down to spend less time on it.