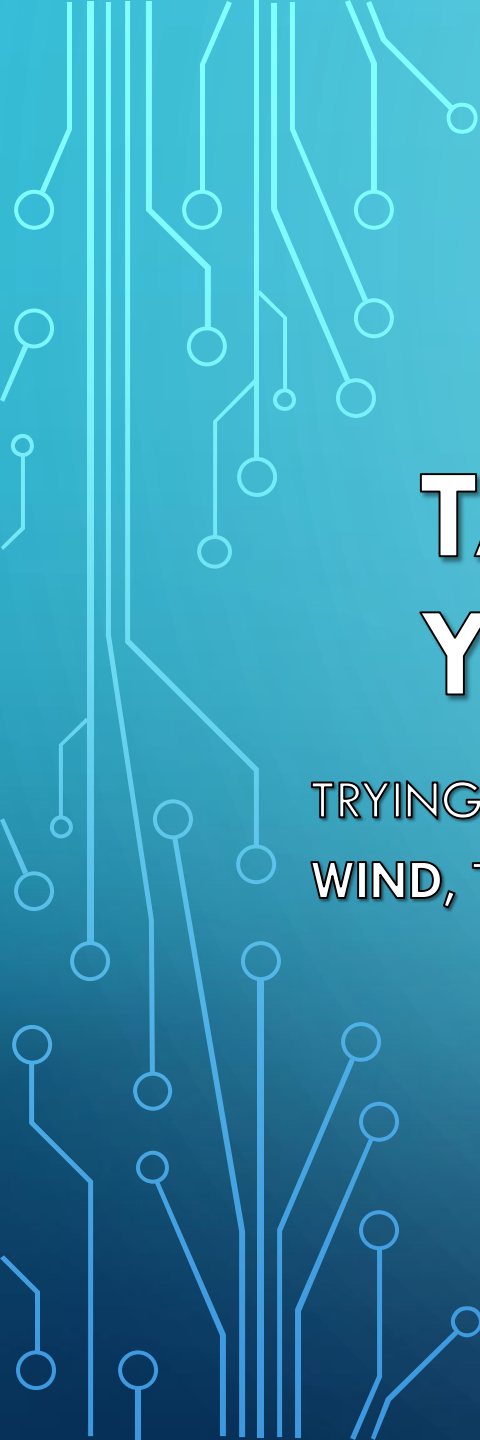


A decorative graphic on the left side of the slide consisting of white and light blue lines and circles, resembling a circuit board or a stylized tree structure, set against a blue gradient background.

TAKING CONTROL OF YOUR TECH

TRYING TO HEAR GOD'S VOICE IN THE MIDST OF THE
WIND, THE EARTHQUAKE, AND THE FIRE

DO YOU WALK THE DOG OR DOES
THE DOG WALK YOU?



AMAZING DEVICES – AMAZINGLY DIFFICULT TO CONTROL





“ADDICTION”

- DSM-5 focuses on chemically based
- Non-drug “process” or “behavioral” addictions
 - Impulse control behaviors like stealing
 - Positive reward
 - Compulsive behaviors like eating or checking
 - Alleviates pain or discomfort

“ADDICTION”

- Definition

“a chronically relapsing disorder characterized by a compulsion to seek and take a drug or a stimulus, loss of control in limiting intake, and emergence of a negative emotional state (dysphoria, anxiety, irritability) when access to the drug or stimulus is prevented” (Koob, 2010).

CLASSICAL CONDITIONING - PAVLOV

Before Conditioning



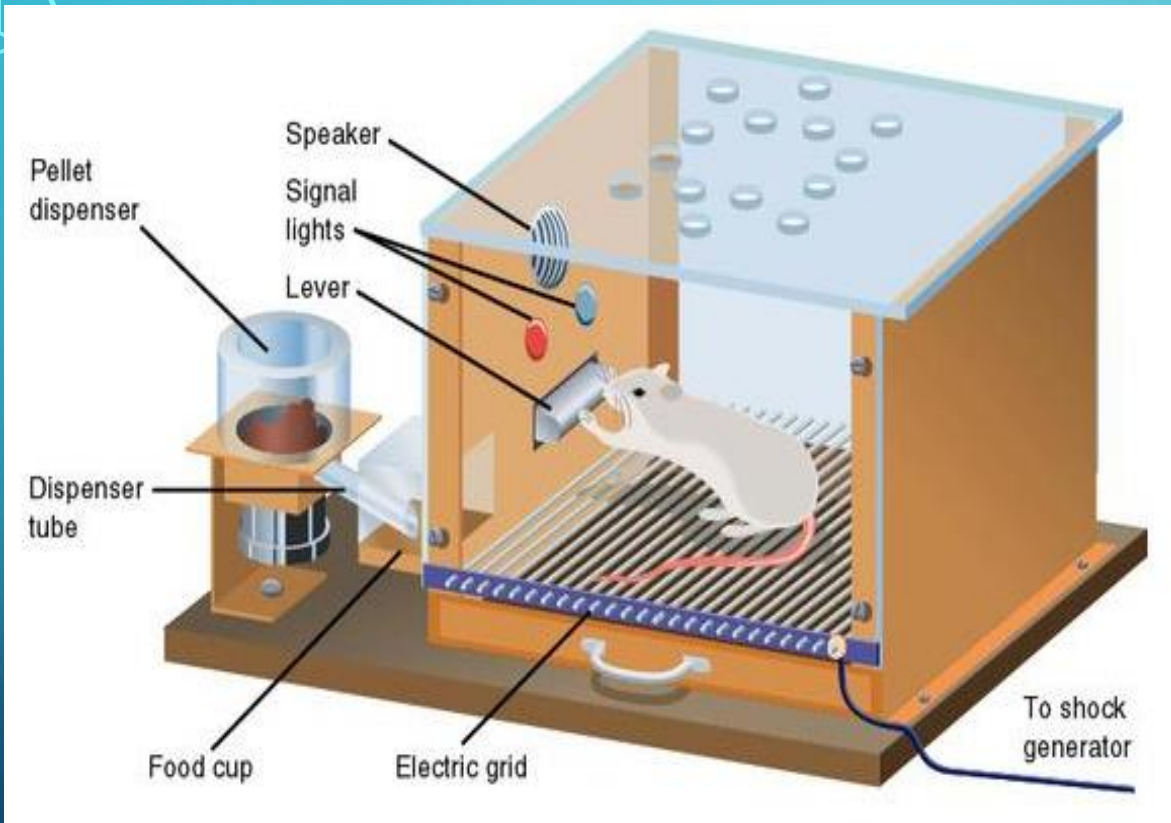
During Conditioning



After Conditioning



OPERANT CONDITIONING – SKINNER



Positive Reinforcement:
touch lever, get food

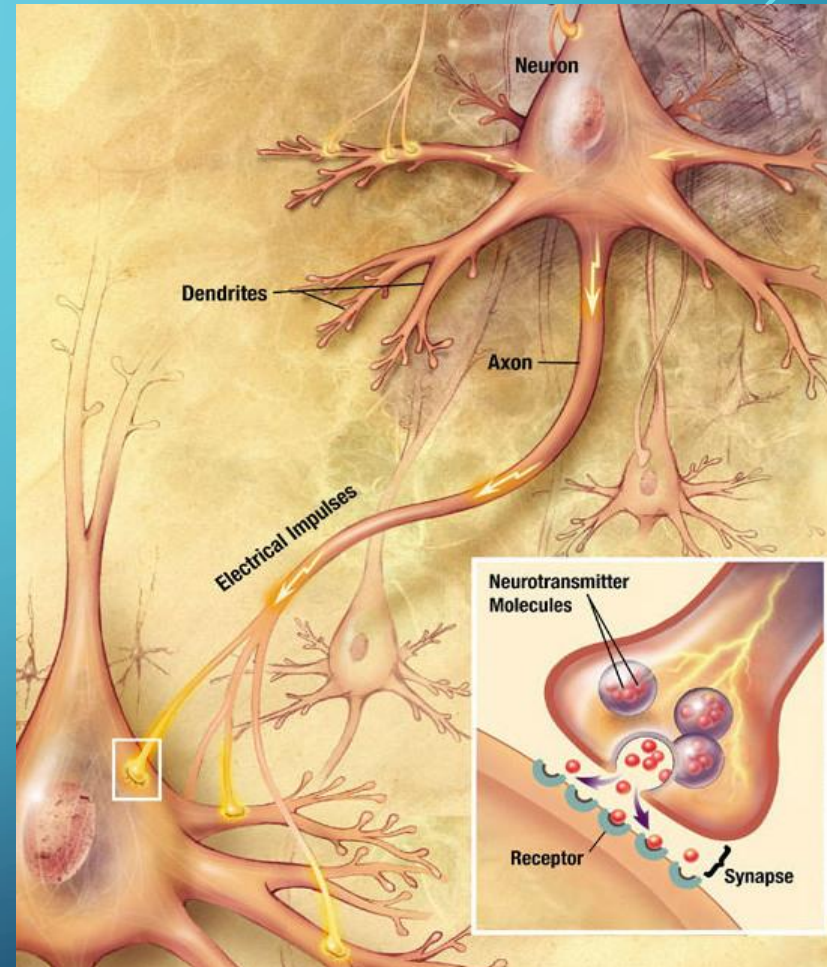
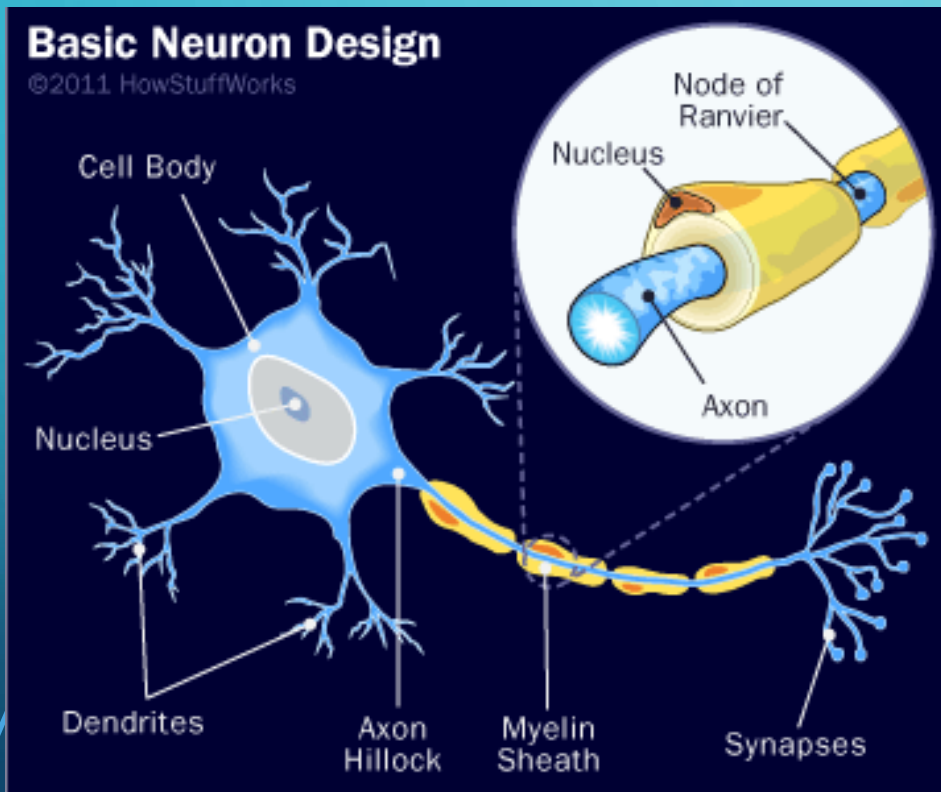
Negative reinforcement:
touch lever, stop the electrical current

VARIABLE RATIO REINFORCEMENT SCHEDULE

The next level of reinforcement: multi-layered and unpredictable

- Slot machines
- Facebook – repeated and unexpected good news
- World of Warcraft – ongoing quests
- Texting – unknown who it's from or what they said

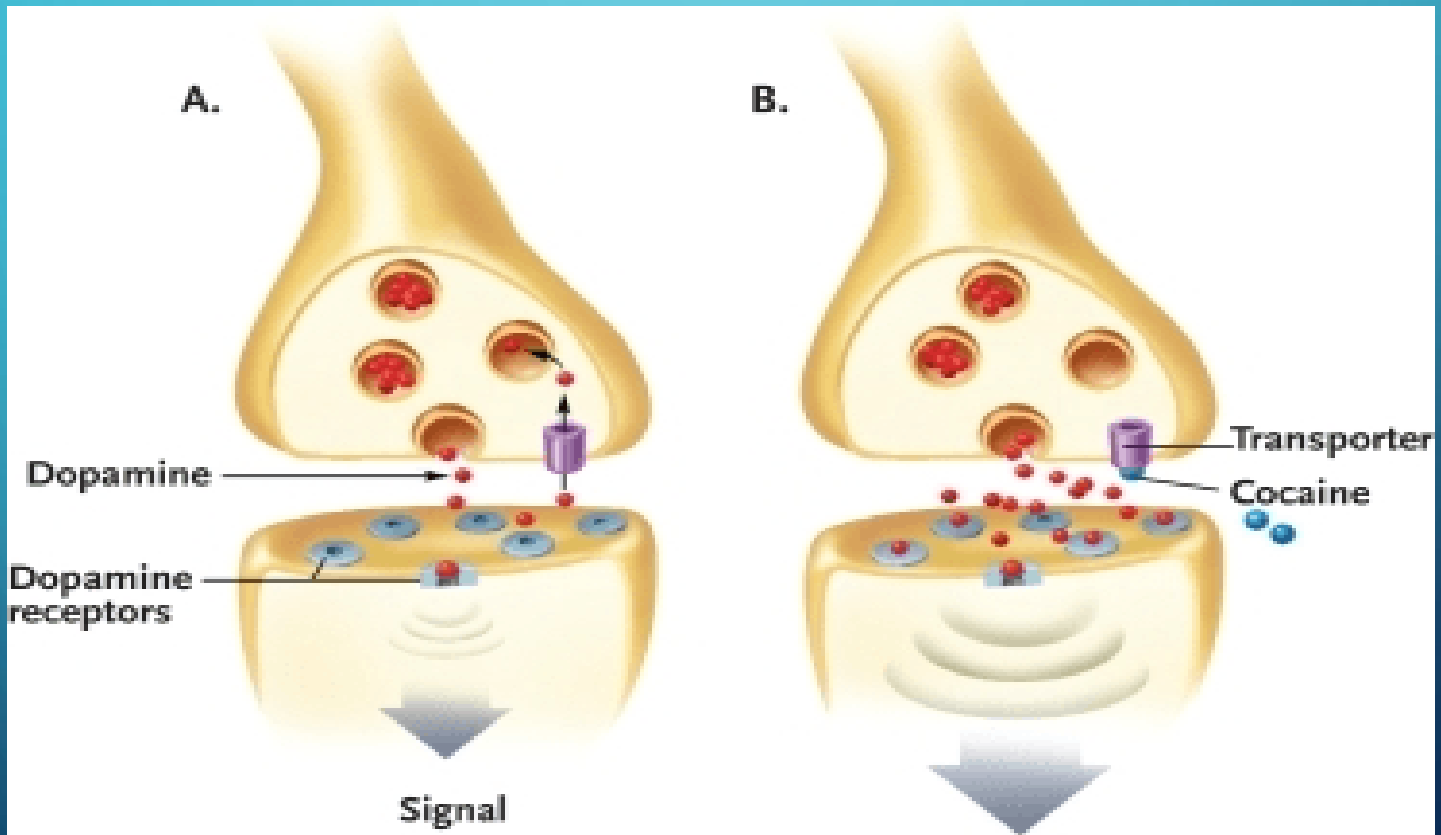
DOPAMINE – IT FEELS GOOD!



DOPAMINE IN NORMAL LIFE

- What does dopamine do for us in normal life?
- Makes you orient to things that are important in your environment
 - nourishment, shelter and to reproduce
 - Dopamine helps us notice when we find something important in the environment associated with these
- A natural, created reward system

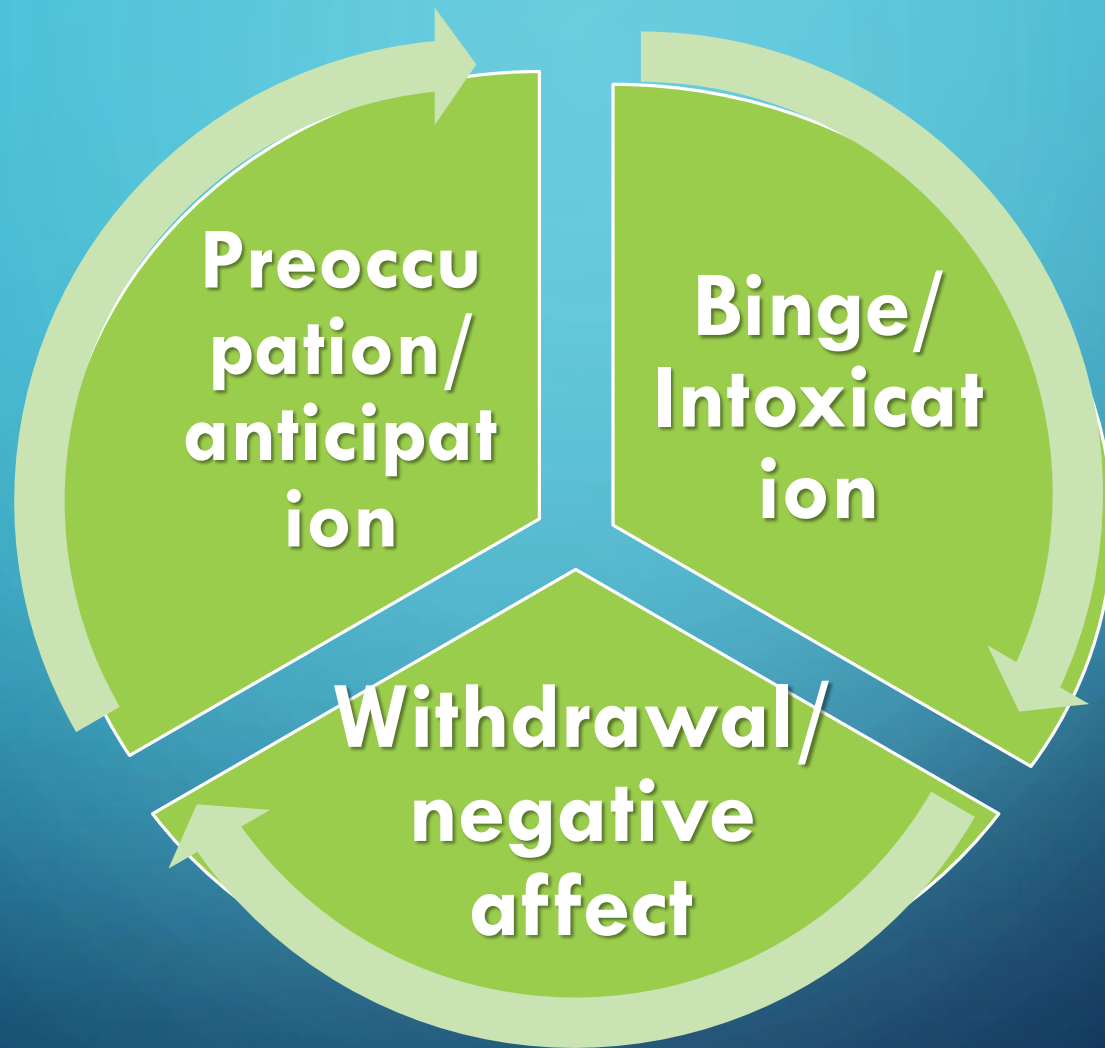
DOPAMINE AS A NEUROTRANSMITTER



ENVIRONMENTAL TRIGGERS

- Pleasurable feelings generated and negative feelings alleviated by drug use
- The reward system is also activated by the environment – responds to external circumstances associated with using
- people, places, paraphernalia, internal states, smells,
- Bells and lights

STAGES OF ADDICTIO N



IMPAIRMENTS AND IMPACTS

- Impaired creativity and innovation
- Lack of social development
- Remain disengaged from your kids
- Lack of productivity
- Impacts on mood
- Distraction can be deadly
- Distraction keeps us disconnected from our values
- Distraction keeps us from deep work
- Security risks

ABILITY TO SCALE BACK USE

- reSTART Residential Program: “Experience LIFE, not your device”. *#real life is good*
 - Are you able to?
 - Can you set timers to limit online gaming?
 - Can you tolerate boredom for 15 minutes?

ABILITY TO SCALE BACK USE

- Can you follow external rules for tech engagement?
 - At work?
 - In the car?
 - In meetings or in church?
- Can you respond well when others suggest you are too tethered to your tech?

DEVELOPING BOUNDARIES - SUSTAINABILITY

- Proximity: things physically closer to us has a greater effect than things farther away. (Adam Alter)
 - So put your phone or tablet or whatever in a drawer in another room for 3 hours each evening.
 - Set aside a chunk of time away from tech

DEVELOPING BOUNDARIES - SUSTAINABILITY

- Ask yourself: how much of your day is spent where you have no idea what year it is? (Adam Alter)
- Don't bring your phones into meetings.
 - Communicates others not as important
 - Stay disengaged except for the actual official meeting

DEVELOPING BOUNDARIES - SUSTAINABILITY

- Don't bring phones into the bedroom
 - Get an alarm clock
 - Get some sleep
 - Screens trick your brain into thinking it's not bed-time, doesn't start the shut-down procedures
- Talk to your spouse

DEVELOPING BOUNDARIES - SUSTAINABILITY

- Don't use the tv in the bedroom
 - Again, impairs sleep
 - Distances you from spouse
- Get an app to track you online use (“Moment”)

DEVELOPING BOUNDARIES - SUSTAINABILITY

- Dedicate times of the day when the distractions of tech are out of the way, or a whole day where you don't use a screen at all for 24 hours
- Put your phones in a basket when you go to community group, better yet, don't bring them at all
- Make a list of things you could do instead of checking your device again
- Encourage, don't get annoyed with your friend who has taken a day of Sabbath from their tech

DEVELOPING BOUNDARIES - SUSTAINABILITY

- Go find a prayer bench somewhere and just sit there and listen to God
- Make group rules for using phones while together
- Reclaim the experience of being bored
- Don't turn on anything in the car, drive around in silence
- Experience going outside and breathing in the air
- If you go out with friends, leave all the phones behind

DEVELOPING BOUNDARIES - SUSTAINABILITY

- Accept boredom is good for you
 - Resist phone use while waiting for your appointment
 - Just stand in line
 - Just sit and wait

DEVELOPING BOUNDARIES - SUSTAINABILITY

- Practice good sleep hygiene
 - Avoid screen time 2 hours before bed
 - Enjoy connecting to real people in your household if they are present
 - Take the time in the morning to do things that help prepare you for the day: shower, breathe, pray, stretch, journal, make breakfast, connect with family, pray with family committing the day to God. Checking your socials should happen well into the day.

DEVELOPING BOUNDARIES - SUSTAINABILITY

- Take time at night to do things that prepare the body/mind for rest. Read real books, breathe, pray, reflect on your day, spent time with family members.

DEVELOPING BOUNDARIES - SUSTAINABILITY

- Post less things you are doing that are awesome or how awesome you are, and more things that might contribute to the growth and happiness of others. (Scott Livingston)
- We must define the roles technology takes in our lives, we must be the gatekeepers of our time. (Scott Livingston).

BIBLICAL EVALUATION

- Seek first the kingdom of God. Matt. 6:33-34 – (context – stop worrying about things) *But seek first the kingdom of and his righteousness and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of it's own.*

BIBLICAL EVALUATION

- Who is your Master: Matt. 6:22-24 – *The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and money (or gadget).*

BIBLICAL EVALUATION

- Love God, love your neighbor. If the Good Samaritan was text-walking he would have never noticed the near dead man on the side of the road.
- Be filled with the Holy Spirit not the blue glow from your screen;
- Watch your thinking - Phil 4:8; *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

BIBLICAL EVALUATION

- Deut. 6:5 – *love the Lord your God with all your soul and with all your strength*
- Matt. 28:19; *Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.*

SABBATH

- Exodus 20:8-11; *Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*
- that we set aside time from our work, from our play, from our tasks, to focus on worship

SABBATH

- *Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God*
- Sabbath speaks to balance, to rightly esteeming where everything goes in our life.

SABBATH

- Our systems and our technology are our servants, they exist to serve us,
- What are we doing and why? Use the tools at our disposal to make those things happen.
- “I worship best with my fingers” – using the tool to facilitate worship.

SABBATH

- Our systems and our technology are our servants, they exist to serve us,
- What are we doing and why? Use the tools at our disposal to make those things happen.
- “I worship best with my fingers” – using the tool to facilitate worship.

SABBATH

- Sabbath – speaks to taking time to rest and focus on God.
- Experiential encounter with God?
- Incorporating Sabbath and spiritual discipline associated directly with your tech use.
- Scrolling is not Sabbathing; watching is not Sabbathing;
- checking is not Sabbathing; relaxing is not Sabbathing;
- Sabbathing is focused attention on God

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