Welcome to Heart-to-Heart!
Technology in My Home:
Protecting Our Hearts From Technology

Week 7 | 04.07.14 (PM) | 04.09.14 (AM)
ICRAZY
PANIC. DEPRESSION. PSYCHOSIS.
HOW CONNECTION ADDICTION IS REWIRING OUR BRAINS
THE DIGITAL INVASION
How Technology is Shaping You and Your Relationships

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kindle edition
1. Think about your obsession with technology, or about your digital addiction, and that of your family.
2. Whet your appetite to learn more about what experts in the field and research are warning us about.
3. Offer you some start-this-very-day kind of solutions to the dilemma.
“I appeal to you therefore, brethren, and beg of you in view of [all] the mercies of God, to make a decisive dedication of your bodies [presenting all your members and faculties] as a living sacrifice, holy (devoted, consecrated) and well pleasing to God, which is your reasonable (rational, intelligent) service and spiritual worship. Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].”

Romans 12:1-2 (AMP)
Do not be conformed to this [digital] world, but be transformed by the renewing of your [unplugged, Christ-like] mind, that you may prove what is that good and acceptable and perfect will of God.
1. Approximately how many hours a day do I spend on a digital device? How about each of my children?

2. Do I feel personally addicted to technology? Do I think my child could be addicted to technology?

3. Do I have any classic symptoms of digital addiction:
   - Excessive use
   - Withdrawal symptoms
   - Desire to upgrade tech or find ways for my time on it
   - Negative repercussions from tech use

What about my children – could they be addicted?
Increasing our Awareness of the Problem
Steps Toward a Solution to the Problem
Increasing our Awareness of the Problem

The digital invasion is shaping our physical health.

Researchers warn that our ability to contemplate or meditate declines in those who over-engage in the digital world.
The digital invasion is reshaping how we connect with one another.

Experts tell us that media today is the “other parent.” Research reveals that we are spending on average 8 hours a day on a digital gadget and yet children are only spending on average 2 ¼ hours with their parents.
The digital invasion is shaping our ability to focus.

Research reveals that since 2000, our attention spans have decreased by 40%.
“Our digital gadgets are not only privileged intruders, they provide a subtle form of excitement and arousal that overloads our brain’s pleasure system, often leading to obsessive habits and emotional dependency.” – Dr. Archibald D. Hart
Are you addicted?
Consequence of Internet addictions which are the same as other addictions:

- Relationships are neglected.
- Energy is diminished.
- Health issues surface.
- Loss is evident.
- Loss of health, sleep, meaningful relationships, finances and employment.
The digital invasion is shaping our brain health.

White cells in brain – that affect rapid response in reasoning – INCREASED 20% since 2000

Gray cells – that affect emotional health and reflective, contemplative abilities – DECREASED 20% since 2000.
- Dopamine Flooding
- Digital Dementia
- Brain Fatigue
The digital invasion is re-shaping our sleep habits.
The digital invasion is shaping our human attachments.

“Texting feels safer than telling someone face to face what you feel.” – a teenager
The digital invasion is shaping a generation of lonely people.

WHY?
It can make the user believe that her virtual friend is happier than she is.
It fosters isolation because interactions are all virtual and not real-life.
It can ignite an emotion within the user that they are missing out on life.

Studies show too much time on FB can cause “FB Depression.”
The digital invasion is re-shaping the face of temptation.
The digital invasion is shaping our personal schedules.

“Overwhelmed by the volume and velocity of lives, we turn to technology to help us find time. But technology makes us busier than ever, and ever more in search of retreat. Gradually, we come to see our online life as life itself.” – Sherry Turkle, MIT Social Psychologist
Steps Toward the Solution to the Problem

“I had a life once … now I have a computer.”
– Anonymous
1. CHANGE ONE DETRIMENTAL DIGITAL HABIT.

2. GET REGULAR PHYSICAL EXERCISE.

3. LEARN HOW TO RELAX.

4. IMPROVE YOUR SLEEP PATTERNS.

5. LIMIT YOUR TIME ON FACEBOOK.
If you are a parent, use your influence over the digital invasion in your home and child’s life:

✓ Have an honest talk with your child or family.
✓ Challenge your kids to change *one* thing about their digital habits.
✓ Share your own struggles and what you are doing to manage digital invasion on your habits.
✓ Consider changing some family habits or setting family guidelines about digital use.
✓ Teach your kids to use digital gadgets for information-telling not to communicate thoughts and feelings.