

A decorative graphic on the left side of the slide consists of white and light blue lines forming a circuit-like pattern. These lines branch out and connect to small circles, resembling a stylized tree or a network diagram. The background is a gradient of blue, with faint concentric circles centered behind the text.

# TECHNOLOGY ADDICTION

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# INTRODUCTION

WHAT DO YOU WANT TO LEARN?



# OBJECTIVES

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Define addiction

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Technology designed to create addiction

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Technology and anxiety

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How to take a break and set limits

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Positive Technology

a person who  
heroin addict.  
• [with adj.] *is* an enthusiast  
for the crossword-puzzle addict | a self-confessed  
ORIGIN early 20th cent.: from the obsolete verb *addict*  
from **addicted**.

**addiction** |ə'dɪk sh ən| noun  
the fact or condition of being addicted to a particular substance  
committed the theft to finance his drug addiction | an addiction to gambling  
ORIGIN late 16th cent. (denoting a person's inclination or  
addictio(n)-, from *addicere* 'assign' (see **addict**)).

**addictive** |ə'dɪktɪv| adjective  
of a substance, thing, or activity causing or likely to  
addict to it : a highly addictive drug | gambling can be  
addictive : addictive behavior | I have a very addictive  
something : addictive behavior | I have a very addictive



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YOUR  
ADDICTION  
IS  
MAKING  
THEM  
RICH





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# SETTING LIMITS

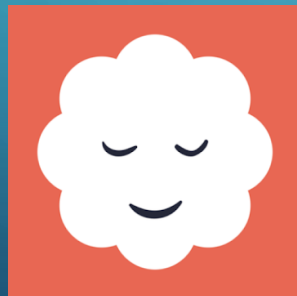
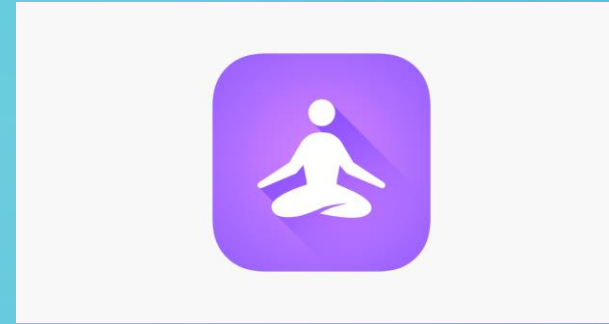


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# TAKING A BREAK







FOR MORE  
INFORMATION



[WithYouinMindLLC.com](https://WithYouinMindLLC.com)



[info@withyouinmindllc.com](mailto:info@withyouinmindllc.com)

The Social Dilemma, 2020, Directed by Jeff Orlowski

Nudge, by Thaler and Sunstein, 2008

Ten Arguments for Deleting Your Social Media Account Right Now, by Jaron Lanier, 2018 Geher, G. (2014).

Evolutionary Psychology 101. New York: Springer.

Geher, G., & Kaufman, S. B. (2013). Mating Intelligence Unleashed. New York: Oxford University Press.

Giphart, R., & van Vugt, M. (2018). Mismatch: How our stone age brain deceives us every day (and what we can do about it). Little Brown.

Guitar, A. E. (2017). Evolutionary Medicine: A not so radical (but absolutely necessary) Paradigm for Modern Health and Behavior, Presentation given at SUNY New Paltz Evolutionary Studies Seminar Series, New Paltz, NY