# Episode 40: Mental Checkout With Technology

Top 5 Tips

If you are using technology to buffer and avoid your feelings and real life, I have 5 tips to help you recognize and stop the buffering.

1. **Observe your current habits:** How much are you using your phone, computer, or watching TV. Most smartphones now have a monitoring system that will tell you how long you have been on the phone and what you were doing while on it. Use this to see how much you are on your phone and what you are using it for. Also, monitor how much you are on your computer (outside of work) and how much TV you watch. Awareness is the first step to reducing technology as a buffer.

2. **Notice why you are on your phone, computer or TV:** The next time you get on your phone, computer, or TV, ask yourself why you are on it. Notice why you are choosing to get on your device. Is it because you are bored, need some entertainment, are avoiding a feeling, or maybe it's because you really want to share a pic of you and your two best gals par-coring.

3. **What would happen if I got off my phone?:** This is a great question to ask. This will make you stop the habit and make you think of what would happen if you got off of your device. Would you feel depressed? Would you feel sad? Bored? Angry? Uncomfortable? This will give you some insight as to why you are buffering with technology.

4. **Allow yourself to experience your emotions:** Use the answer you got in the last tip and choose to experience that emotion. Maybe if you got off your phone you would feel uncomfortable. So you would practice allowing yourself to feel uncomfortable. Remember an emotion is just a vibration in the body. So, where does uncomfortable show itself in your body? Where do you feel it? Now, allow it to be there and it will pass.

5. **Be kind to yourself:** It is so important in the process of change to be kind to yourself! If you don't like the way you are using technology, there is no sense in beating yourself up over it. It won't get you anywhere except mad and angry. And these emotions are not useful when working on changing a huge habit.
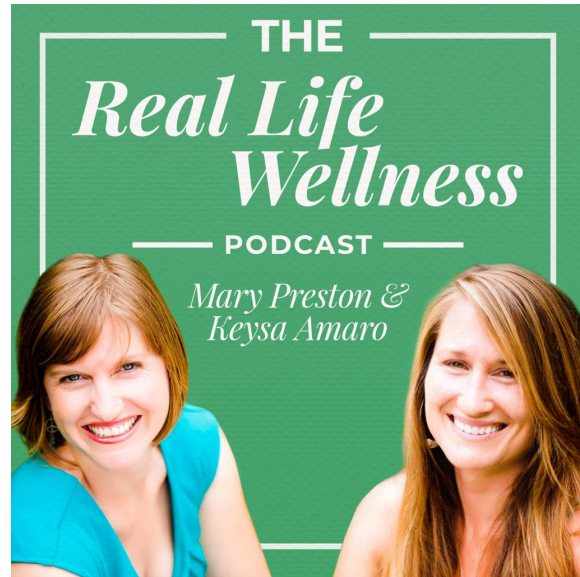
Bonus Tip:

6. **Be willing to feel uncomfortable:** Remember we buffer so we WON'T feel uncomfortable! So, in order to stop buffering and feel your feelings, you need to be willing to feel uncomfortable. I think that going into a process of change and reducing buffering, that it's best to know that you are going to feel uncomfortable and it will be hard. Knowing this, you can prepare yourself and plan ahead for the discomfort.