

Have you ever intentionally spent a day away from your phone?

Well my phone... I've spent away from many days but my – I have two phones because I have a stupid phone and a smart phone. I'm never away from my smartphone, though I'm usually way from my dumb phone.

I haven't done that for a while, usually I just forget it.

Last summer I went on a backpacking trip. Probably the only time I spend a day away from my phone is when I'm camping.

I can't remember a time where I intentionally left my away for an entire day.

Probably in the last week or two. Umm, I don't always like to be connected to my phone and sometimes I will let it die in order to not have to deal with the world of obligations inside my telephone.

How do you feel when you forget your phone?

A lot times when I realized I forgot my phone, I feel kind of liberated. It's just so easy when you're out with somebody and they go to the bathroom to take out your phone and start talking on it. And when you don't have that option, it's sort of freeing. And I also get to feel smug because I'm the kind of person who doesn't have to look at her phone every five minutes, even though it's because I can't look at my phone every five minutes.

Uh, so I used to have a smartphone but unfortunately it broke and I can't restore it. And I'm starting to realize how much I really relied on my cell phone for everyday use.

I have been surprised that I get the sensation of excitement when I've left my phone behind because it means that I get to remember what the good old days were like.

I can't really find my way around places without the maps app. I have to communicate and my fiancé via Facebook chat so that she can get on her smartphone to be able to talk and so I really realize that I was pretty obsessed my smartphone.

The last time I spent maybe a month ago, when I forgot to charge my phone.

Sometimes like if I'm driving somewhere and I don't have it I get concerned, like if I run into car trouble, or lock my keys in my car something that I'm not going to be able to contact someone to be able to help me out.

I never forget my phone at home, actually, so uh, I think I would feel a bit of anxiety and I think it would also be wonderful at the same time... not to be reachable.

Personally, I hate my cell phone... and I try to weasel out of using it. When we moved back here

in the States – when we lived in Europe, it seemed like more of a necessity.

Probably more so than I like to admit, I feel as though I've lost something very important and like I won't be able to get through the day as well as I could – which is total rubbish, but I still feel that way. It makes me very nervous to forget my cell phone.