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Stuff that matters to Wayne

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## Are You a Victim of Abusive and Addictive Technology?

Posted on May 21,2016 by admin

An article was forwarded to me this week by someone I know who believes strongly in the importance of ethical technology. He is heavily involved in the Ubuntu project and we all share a desire to see a paradigm shift in the role of technology in our lives from that of a harmful consumable to a helpful benefit. If you have looked down at your phone already since starting to read this blog you are a victim in the most serious way. You can't even focus for 30 seconds without running to the call of your taskmaster. Before reading the article, I felt it would be beneficial to share some of the discussion that we had. One friend suggested that people perhaps simply "don't care". When that suggestion came I responded with this: This issue is one of truth, in my opinion. Everyone knows their phones own them. No secret. They know it whether they are in denial or not. So the issue is one of truth. It seems that the same people who "don't care", also don't seek out truth. Seriously. You have to be open-minded enough to realize that you could be the victim of someone with an agenda. Most of the world hates truth. "your phone owns you." possible response 1: yes it does. But what can you? (hears truth but rejects it by inaction) possible response 2: no it doesnt. I'm in control. (liar) possible response 3: yes it does. And I'm trying hard to get out of jail. (highly uncommon... like needle in haystack uncommon) Compare this with: "you shouldn't eat sugar because it's it's bad for you" possible response 1: Yes it is. but what can you do? It's in everything? possible response 2: I don't eat that much. I'm not worried possible response 3: yes, I know and I'm gradually reducing it from everything I eat/drink Truth. If someone loves truth it will be followed by action. Otherwise, you will see either denial/lying or submissive acceptance. Now here is the article! [GREAT ARTICLE ABOUT ABUSIVE TECHNOLOGY AND HOW GOOGLE, FACEBOOK, LINKED IN AND OTHER COMPANIES MESS WITH YOUR MINDS AND LIVES.](#)

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