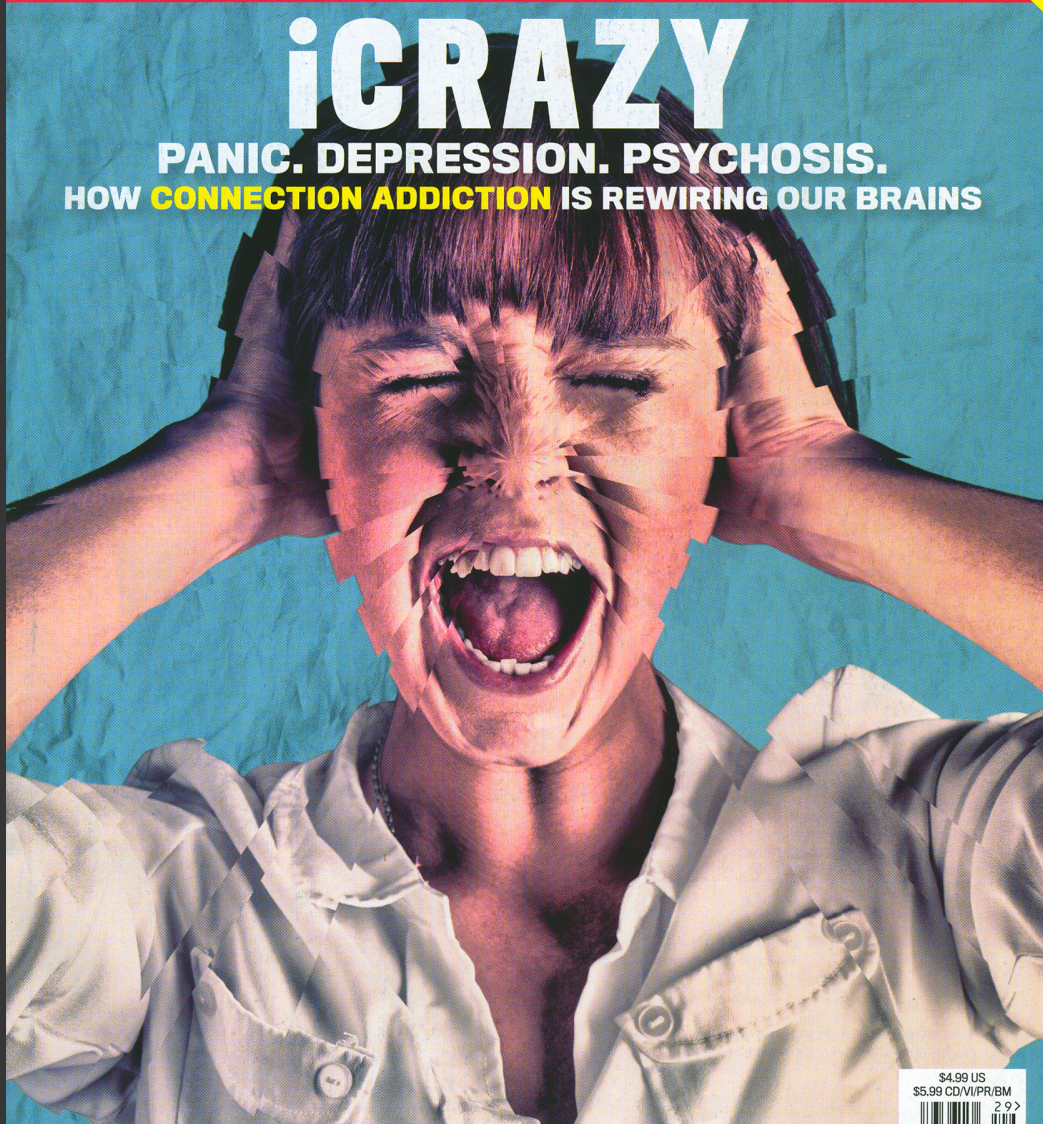


JULY 16, 2012
Newsweek

EXCLUSIVE
DISEASE BEFORE
SCIENTOLOGY

iCRAZY

PANIC. DEPRESSION. PSYCHOSIS.
HOW **CONNECTION ADDICTION** IS REWIRING OUR BRAINS



**THE GLORIOUS DAYS
OF NORA EPHRON**

**OBAMA'S CASH-
FLOW PROBLEM**

**SYRIA'S HIGH SOCIETY
DANCES ON**

\$4.99 US
\$5.99 CD/VIPR/BM



Technology

- In small groups of 2 or 3 ask each other the following questions:
 - What has technology given to students?
 - What has technology taken away from students?

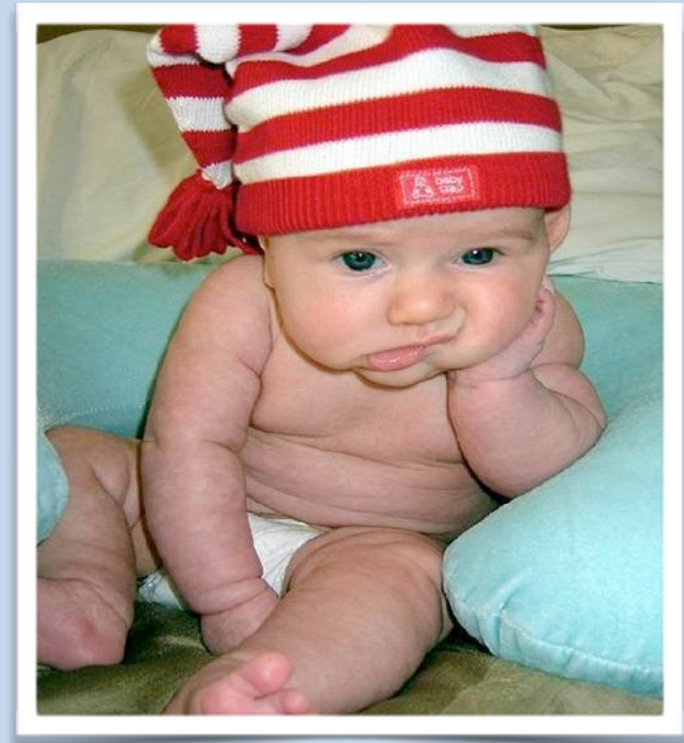
THEN & NOW

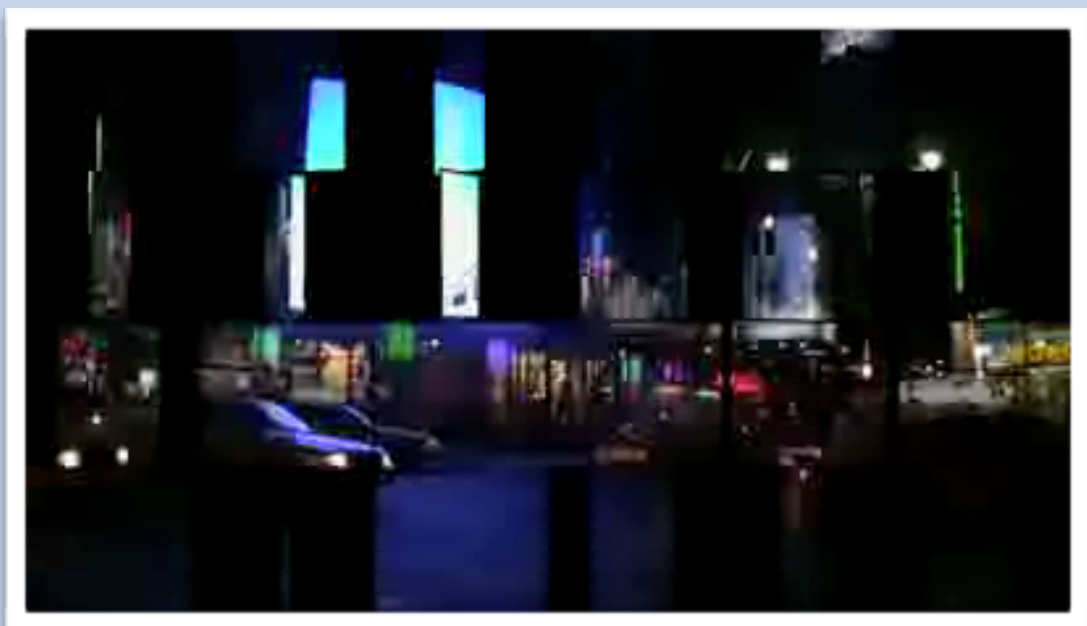


THEN & NOW



So Why These Faces?







ANHEDONIA



A (without) *HEDONE* (pleasure)

ANHEDONIA

ANHEDONIA

- Also defined as **not** having anything in your life that can *move your heart*.
 - No longer enjoy sunsets, playing with your children, exercise, sex, sitting in silence. . . What's silence anymore???
- Associated with Depression & Schizophrenia
 - Showing up in many who are NOT depressed or have other mental disorders.
 - **Epidemic** of glassy eyed zombies walking the earth.
- ENOUGH IS NEVER ENOUGH!!!

“MY PRECIOUS”



OUR CULTURE CANNOT
LIVE WITHOUT OUR
SCREENS!!

ANHEDONIA

"Our digitized minds can scan like those of drug addicts."

--Newsweek

"The computer is like electronic cocaine. . . we get a mini-reward, a squirt of dopamine, for answering the bell."

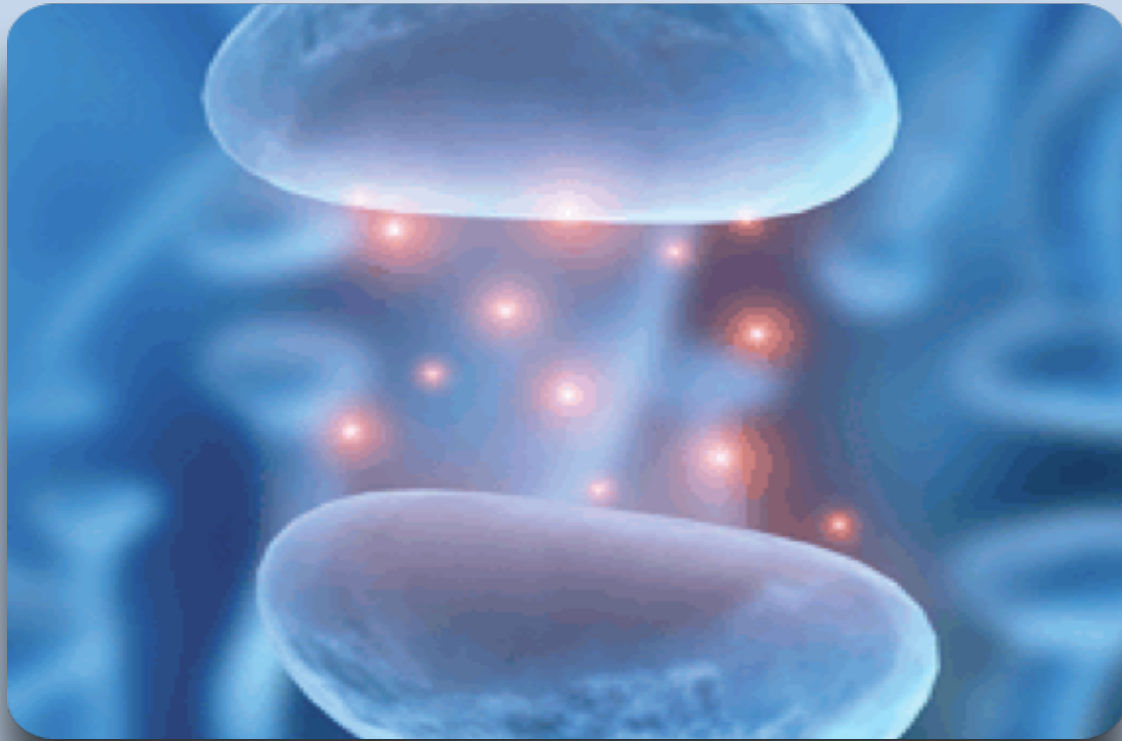
--Newsweek

ANHEDONIA

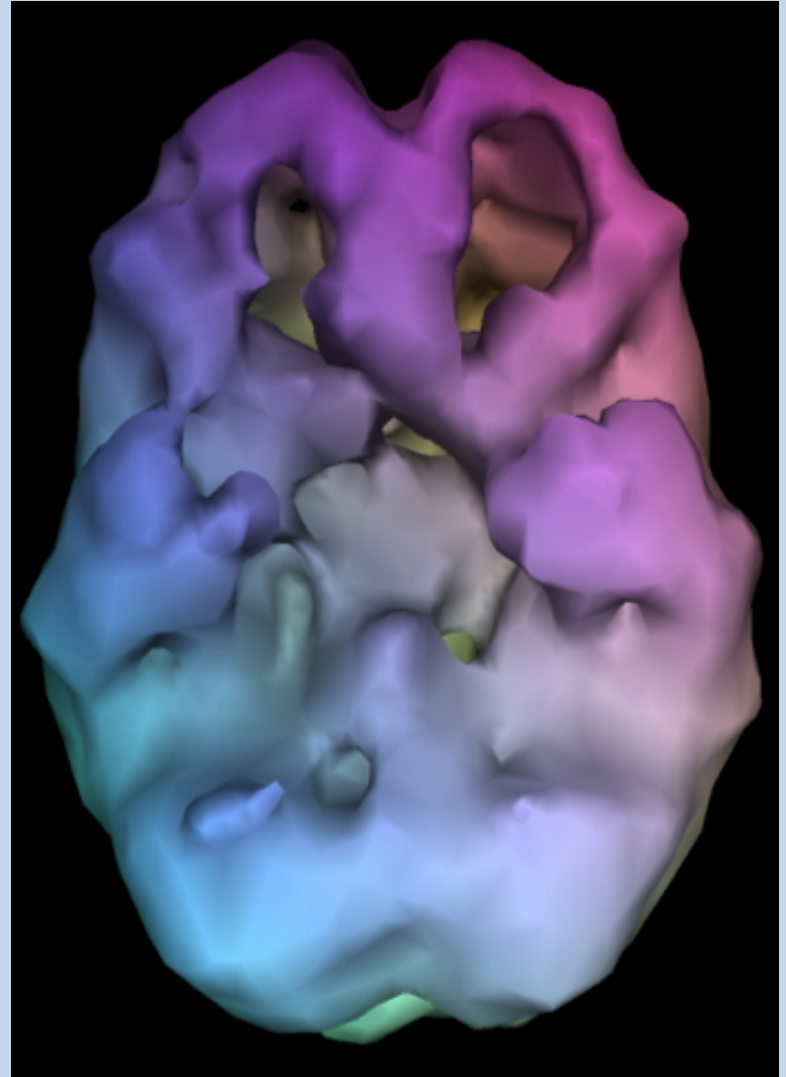
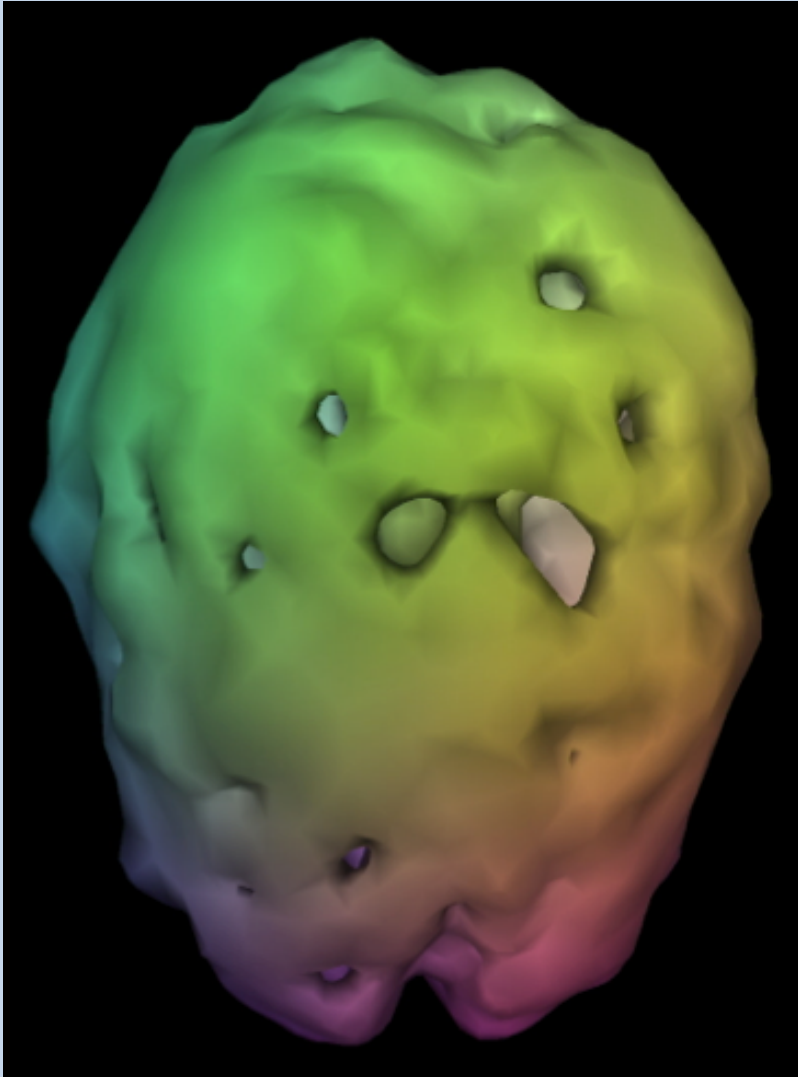
“As we **push** the stress level and exciting stimulation **higher and higher**, we are **overloading the pathways** to the pleasure center of the brain. This overload causes our pleasure center to **demand a further increase** in the level of stimulation before delivering more feelings of pleasure. **This results in a decline in our pleasure system's ability to deliver enjoyment out of ordinary, simple things.**”

What does this sound like?

DOPAMINES ROLE IN ANHEDONIA

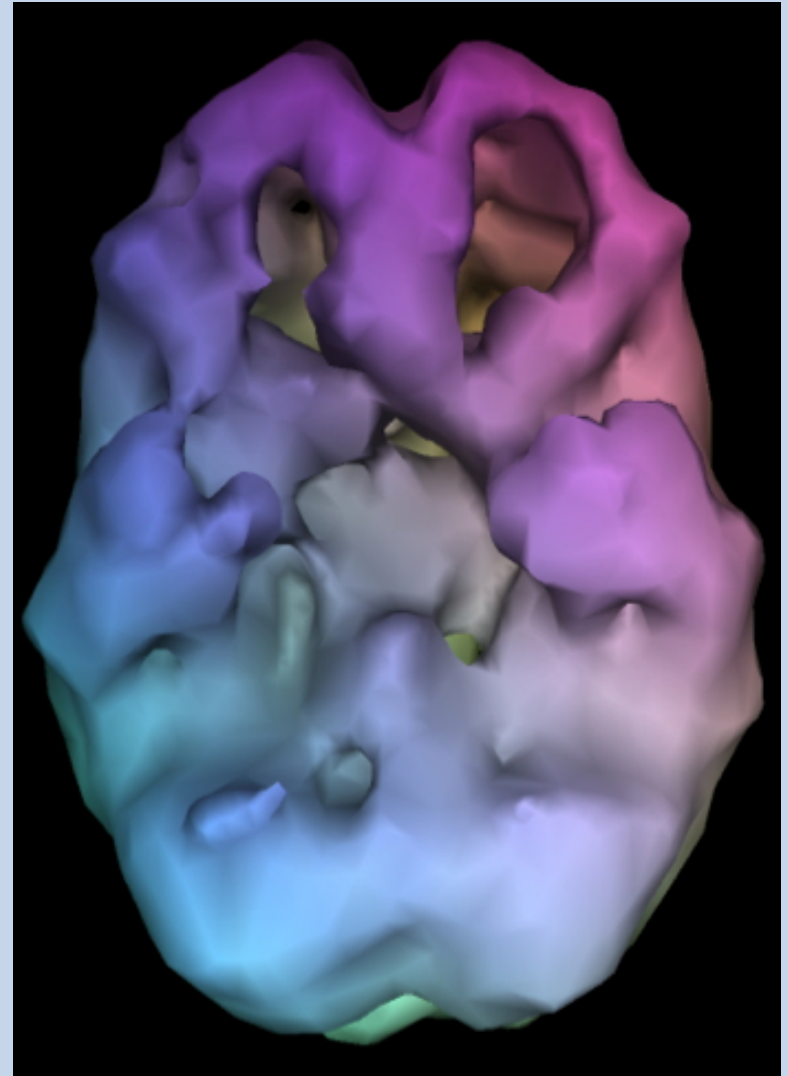


OVERSTIMULATION AND PORNOGRAPHY



PREFRONTAL CORTEX CONSEQUENCES

- Short Attention Span
- Impulsivity
- Procrastination
- Disorganization
- Poor Judgment
- Lack of empathy & Insight.



CULTURE'S RESPONSE?

- Internet *Gaming* Addiction
 - Added to Section 3 of DSM-V,
 - But not Internet Addiction in general. . . Really?
- China, Taiwan, and Korea,
 - Accepted diagnosis
 - & began treating the problem as a “grave national health crisis.”

QUESTIONS TO ASK

- Starting taking note of yours and your students uses of technology.
 - Is their **appetite** for technological connection stronger than the appetite for human connection?
 - How long can one go without his or her cell phone, iPad, or Facebook fix; their electronic **squirt of dopamine**?
 - Measure these on a 1-10 scale or by # of hours/days, etc.
 - Do they **identify** more as themselves online or in real life?
 - Does this directly affect his or her **self esteem**?
 - How do they feel looking in a **real mirror** vs. seeing themselves on their **social media mirror** (profile)?