

Forum:[Hack Forums](#)

Thread: [Would taking a week-long "Technology Detox" Help Oneself?](#)

DeplorSocio - October 6, 2014, 8:29 am

What do you guys think? Just thought i'd ask because I am curious. I'll make it a poll.

Would taking a week long detox help people overall? What's your reasoning behind it?

Thanks!

Trillberto - October 6, 2014, 11:56 am

I really think it would. I took one for a month or so about a year ago. I put my phone on silent and left it in my room, I'd only check it at night. I removed myself from all social-networking sites and spent my free time riding my board around and going for walks. It opened my eyes to how much time I spent in front of a computer and on my phone. If you feel like you need one then I'd take it, one week isn't long at all and as long as you stay busy it will be highly enjoyable for you.

DeplorSocio - October 6, 2014, 5:48 pm

I'm thining of doing one myself because I think that it would be really healthy.

Tokey - October 6, 2014, 6:17 pm

I do this every once and a while (usually when I'm feeling depressed). It helps when you're looking for inspiration or just something else in life. My mind sometimes will get cluttered by nonsensical thoughts and taking a break from it all feels nice. I would recommend you try it out as it can be a good experience and it helps put things into perspective.

Trillberto - October 7, 2014, 3:27 pm

When you look at it, nothing bad can come from ditching the technology for a little bit so in that sense all you have is something to gain from it.

chrisman0091 - October 7, 2014, 5:40 pm

I accidentally voted yes, but meant to no. Speaking from personal experience, it never really helped me. I've taken week/month/etc. breaks from technology(not by choice) and it didn't really do anything to help me. That being said, I also couldn't go OUT and do things during that time, so it's very likely that that had a big part of it.

Arrakis - October 7, 2014, 6:01 pm

I'd say longer than a week is always good, if you take 6 months away from technology (with the exception of necessities such as a phone for communication.) You'll be a different person, your social skills will improve and your personal drive will grow exponentially.

DeplorSocio - October 7, 2014, 6:13 pm

(Oct 7, 2014 05:40 PM)chrisman0091 Wrote: [\[CITE\]](#) I accidentally voted yes, but meant to no. Speaking from personal experience, it never really helped me. I've taken week/month/etc. breaks from technology(not by choice) and it didn't really do anything to help me. That being said, I also couldn't go OUT and do things during that time, so it's very likely that that had a big part of it.

Well uh,

that has everything to do with it. If you got your shit taken away INVOLUNTARILY then that's sure

as hell not a detox. Or a healthy one at that.

Also you didn't go out during that time...?

[Video: <https://www.youtube.com/watch?v=XzSOztwEstI>]

Programming - *October 7, 2014, 6:14 pm*

I'd probably commit suicide. Idk I might try this.

DeplorSocio - *October 7, 2014, 6:15 pm*

(Oct 7, 2014 06:14 PM)Programming Wrote: [\[CITE\]](#) I'd probably commit suicide. Idk I might try this.
Haha, wait. Don't kill yourself though.

chrisman0091 - *October 7, 2014, 6:48 pm*

(Oct 7, 2014 06:13 PM)DeplorSocio Wrote: [\[CITE\]](#) Also you didn't go out during that time...?
Couldn't, got it taken away as I was in trouble. I have before though at will(vacation), and it didn't really do much for me. I enjoyed it an all, but I enjoy myself more with my technology.