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Sherry Turkle is a current professor at the Massachusetts Institute of Technology, specializing in social sciences, technology, personality and psychology. She has written several well-known publications and has a strong long-term interest in the effect technology has on personality, habits and relationships. In this video; Sherry's Ted Talk, titled Connected, but Alone?, says Sherry's attitude to the problems of changing foundations in interpersonal relationships because of the influence of technology, and our ever-growing attachment to the small devices in our pockets, backpacks, purses and suitcases. As I watched this video in class today, I was deeply influenced by the points she made and the research she found in the context of the habits discussed and shifting in culture. Not only is Sherry an incredible speaker, but she has an ability to put things in perspective in a way that captures your attention and really makes you think. Not only was I shocked by her statements, but I was also nervous about the future and almost afraid of how much of these things I didn't know I was doing myself. Below are 33 of the main ideas/statements that I found to be extremely touching and sensational under Turkle's address. When you watch the clip, formulate your own opinions on the subject, but also take the time to analyze each of these key points. 1. The idea that we would use what we learned in the virtual world about ourselves/identity to live better lives in the real world was hoped back in 1996 2. [Fast forward to current times] We let it [technology] take us places that we don't want to go. 3. Our small devices are so psychologically powerful that they don't just change what we do, they change who we are. 4. Being together while you're not together. 5. It matters because we set ourselves up for problems for how we relate to each other and ourselves, self-reflection 6. People want to adapt their lives, be where they want to be at all times, escape 7. Hiding from each other even when we are connected to each other 8. Goldilocks Effect: not too close, not too far,..... just right 9. People are afraid of conversation because it is in real time and you can not control what you say, you can not edit / delete / retouch 10. Human relationships are rich and messy and demanding, and we clean them up with technology. When we do, we sacrifice conversation for connection only. 11. Sips DO NOT add up to a swallow. The little messages don't work to really get to know each other. 12. Siri will be more like a best friend, someone who will listen when others don't want to. No one listens to me – very important in our relationship with technology, why it is so appealing, so many automatic listeners. 14. People experience lazy empathy as if it were the real thing. 15. We expect from technology, and less apart 16. Technology most appeals to us when we are most vulnerable 17. We're lonely, but we're afraid of intimacy 18. Designing technologies with the illusion of camaraderie without debt friendship 19. 1) We can put our attention wherever we want it to be 2) we will always be heard 3) we never have to be alone 20. Being alone feels like a problem that needs to be solved. 21. I share therefore I am 22. I want to have a feeling, I need to send a text message 23. If we don't have a connection, we don't feel 24. Sets us up for insulation 25. Loneliness is where you are, so you can reach out to find other people and make a connection 26. If we don't teach our children to be alone, they just want to know how to be lonely. 27. We are smitten with technology, and we are afraid as young lovers that too much talking can ruin romance. 28. Time to talk. Develop a more self-conscious relationship with them, with each other, and with ourselves 29. Start seeing loneliness as a good thing. 30. We all need to learn to really listen to each other, inking boring bits. 31. When we stumble we reveal ourselves to each other. 32. Our fantasies of substitution have cost us 33. Focus on the many ways technology can lead us back to our real life our own bodies our own lives our own societies, politics, planet. They need us all. There are some heavy things, right? Have you ever looked at communication and our modes to transmit it this way? Too often we let our feelings disconnect us from the basis of relationships in trade for any connections. In particular, my favorite parts of her speech were when she stated that loneliness is where you are and that we are smitten with technology, and we are afraid as young lovers that too much talking can ruin romance. I personally love my alone time, but I have never realized before today what impact your alone time had on your well-being. I believe that our generation is so focused on and driven by alerts, messages, heavy communication and constant confirmation that we are not alone, that we are afraid to be alone. We don't know how to deal with silence as we all day are constantly bombarded with buzzing sounds, email alerts and illuminated screens when we receive something new. In reality, our relationship with technology is really like a romantic one. We need constant confirmation and attention, which draws us away from solid relationships in the attitude of Turkle. I definitely agree with most of her, although I have some of my own reservations about how technology aids or doesn't help in the healthy benefit of relationships of all kinds. In addition, I found an interesting article that talks more about this topic as Turkle arose. TIME.com did well not to some of the same points as Turkle, but to expand on them even further and support ideas with statistics, facts and graphs. I look forward to learning more about this topic in the following weeks and reporting on it further. Relationships and technology apart are perhaps two of the most talked about subjects today, but together they become a completely different animal to be treated. -Andi In today's generation when everyone is always up to date with the newly discovered technologies that pop up from time to time, it's already not uncommon when you see a toddler holding a mobile phone or a grandmother holding a tablet. It's also not uncommon when you go to a place like train station and shopping center and you see that almost everyone keeps their mobile phones as they talk to someone over the phone, or they have SMS or chat, or they're just randomly playing online games or watching videos. With these situations that we usually see, we can say that the internet is very large! So after listening to the subject of Connected, but Alone, I almost drowned myself for the thoughts that flow in my mind all the time. I remembered a situation when I was on a debut before. I was happy for the debutant for that day, of course, but during that time I was unfamiliar with the people I'm grouped with on the table. Every time I see this happening I think about the conversation and dialogue that people do not have because for myself when I was isolated there in the corner. I kept thinking if I was going to say Hello. So if I'm going to say Hello then when is the right timing? But what if they ignore me? Many pessimistic thoughts came to my mind at the time, but in the end I just decided to reach for my phone and pretended to be busy all the time, although the truth is that I am eager to be held alone in the crowded place. I kept quiet on the corner and focused on my cell phone. But in the back of my mind, I know I should have approached them. With that situation, you can see that when you hold your phone while connected to other people in different places, it's called not being social, but being socially connected to the Internet, but not with the people around you. I find it ironic when you have many friends on the internet yet in reality, without holding a mobile phone, you are just a lonely person who is afraid to approach and communicate with other people. It is sad to think that some people are too focused on their mobile phones as they have forgotten to care about the people around them. They say they are alone, so they feel lonely, but in reality they are the ones who continue to close the door to other people. They said that no one listens to them and no one understands them, thus focusing their attention to the programmed sociable robots. But I wonder if they had ever thought about whether these robots can understand them more than those around them? The internet is for everyone's convenience in communication. However, connectivity is far too different from committing personally or from speaking face to face. You connect through the use of the internet so that you can interact with other people from distant places, but you also must not forget to bond with the people who are right next to you. Because in the end, if you have forgotten to bond with those people around you, you will only realize one day that you are connected with them, but you still feel alone. We live in an age of distraction with our multiple technological devices that kind of give us the feeling that we are connected to the world, to our loved ones, to our loved ones and to the people we share our lives with. Groups of friends and families gather for several reasons. Yet their minds are elsewhere as most people have a device that they can feel connected with other people who are not with them at the moment. Technology has always inspired me what advances we can achieve and how technology can make our lives easier. It is almost unstoppable consumerism that is built around getting the latest as it is. I'm not sure how much we, as intelligent people, stop and reflect on what is the impact in our psychology and our awareness of the technological inventions we ourselves create. Sometimes the only way to get people to reflect on something is when things start to go very badly. The inspiration to write about this has been in my mind for a long time now. Still, a few things have happened since yesterday that have encouraged me to finally express it this way: Two more guests at a lunch tableTwo people seat (not in front of each other, but) in front of a laptop to have lunchTo the day I stopped at a restaurant to have lunch. When I was paying I noticed a table where there was a couple preparing to have lunch, and they had already put their laptops on the table. Every time I see this happening I think about the conversation and dialogue that people do not have because there are more guests in the room, in this case: two laptops that would absorb the attention of both people. And then they're there, but not there! This is the title of a post I found today by Bernadette Jiwa that completely connected me to this topic when I read: We were sitting opposite a young family who were having breakfast at a local café this morning. Dad ordered, while mom settled down at the table next to us. The two-year-old boy whined a little until his father returned with the paper. His little sister, who was about nine months old, chewed on some finger food and repeatedly dropped her sippy cup from the high chair, just for fun. While they waited for the food, dad read the paper. Mom out their iPhone and started checking. The little guy played a handheld game. Her sister stared around as she babbled and tried to make eye contact. There was no one to get. The tweet that inspired me to write thisThis led me to interact a little with her when I showed her the photo I took yesterday that I posted on my Pinterest collection called Together but alone? In fact, all this post also made me watch again the TED talking video with the same title that I would describe next in this post. A while ago, I found this TED talk that made me think more about these dynamics with us and our technological devices. Every time I watch this video, it makes me wonder where we're going and how technology affects us in ways that we're not aware

of. Subtitles while in board meetingsHere are some of the parts that I liked, I put at the beginning minute and others where she says this:[2:10] I'm still excited about technology, but I think (and I'm here to make the case) that we let it take us to places that we don't want to go [2:34] ... small units in our pockets. Are so psychologically powerful that they don't just change what we do. They change who we are. [3:04] People text or do emails during business meetings ... people talk to me about the important new skill to make eye contact while texting. Being together while they're not together[3:34] Parents, texting and doing emails for breakfast and for dinner while the children complain about not having their parents' full attention. But then the same children deny each other their full attention. [4:08] Why does this matter? It matters to me because I think we set ourselves up for trouble. Problems for sure and how we relate to each other, but also problems with how we relate to ourselves and our capacity for self-reflection. We're getting used to a new way of being alone together. People want to be together, but also other places connected to all the different places they want to be. [6:10] An 18-year-old boy who uses subtitles for almost everything says to me wanted: One day, one day, but certainly not now, I would like to learn to have a conversation[7:09] Human relationships are rich and they are messy and their demanding. And we clean them up with technology, and when we do, one of the things that can happen is that we sacrifice conversation for just connection. We change briefly, and over time we seem to forget this. I remember my excitement for having the opportunity to ask something to a virtual assistant like Siri. The part of the technology that amazes me when I think about how much power we pose in our hands these days, and how much information we can easily get to our advantage. Then I remember when I started asking stupid questions and someone else not so stupid, but trying to push it to the limit of Siri's ability to answer like how do you feel today? or what should I wear?. One of the questions that gets my interest is: Who is God? which normally has different (kind of funny) answers such as: My policy is the separation of spirit and siliconI am not really equipped to answer such questions, Armandolt is a topic for another day, and another assistantIt is all a mystery to meI eschew theological disquisitionMen have religion. I have only siliconThey I started to think about the psychological implications that this can represent in our society, and how technology changes us in so many ways that we don't even look back on how we were back in those days when there were no computers or mobile devices around us. Going back to Sherry's speech, this is something that impresses me most about technological advances and how we relate to them, but most importantly how we relate to each other and how we can gradually distinguish ourselves from finding the meaning of life, the inner walk with ourselves, with God, of creating true and real interaction with others that bring real meaning into our lives :[9:18] For example, many people share with me this wish, that one day a more advanced version of Siri, the digital assistant on Apple's iPhone, will be more like a best friend. Some who will listen when others do not want to. I think this desire reflects a painful truth that I have learned over the past 15 years. That feeling, that no one listens to me, is very important in our relationship with technology. That's why it's so attractive to have a Facebook page or Twitter feed. So many automatic listeners. And the feeling that no one is listening to me makes us want to spend time with machines that seem to care about us. [12:00] We expect more from technology and less apart. [12:45] These days, these phones in our pockets change our minds and hearts because they offer us three joyful fantasies:That we can put our attention what we wanted to beThat we will always be heardThat we never have to be aloneAnd the third idea that we never have to be alone, is central to changing in our psyche , because the moment people are alone, even for a few seconds, they become anxious, they panic, they fidget, they reach for a device. Just think of people in a checkout line or at a red light. Finally and as a call to think about all this and to make a good reflection on how we can use (or continue to use) technology for good:[19:04] Now we must all focus on the many ways technology can lead us back, to our real life, our own bodies, our own societies, our own politics, our own planet They need us. Let's talk about how we can use digital technology, the technology of our dreams to make this life the life we can love. All this gives us a lot of food for the thought and hopefully for action. I could have just included the link to the video from the beginning of this post,but I wanted to mention some important lines, although I think every sentence is important, in the hope that those who take the time to read this may be inclined to comment on it and reflect on where we are with technology and the human relationship as it is to it and to others. And finally, here's the TED talk video of Sherry Turkle titled the same as this post: Connected, but alone? Alone?

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