

Lonely With a Phone in Your Hand

For the odd loneliness of being connected to everyone and reaching nobody.

WHEN TO USE THIS

Use this after an evening that disappeared into your phone.

How long were you on your phone tonight? What were you looking for?

What you did on it, and how you felt after each one.

WHAT I DID

HOW I FELT AFTER

Which of those was actually with a person? Back and forth, both ways.

What could you do on your phone tomorrow that is a real exchange?

A voice note. A call. A message that asks something.

Watching people is not being with people. A phone can do both, but not on its own.