

## Craving of Technology:

Have you ever experienced the feeling of withdrawal when you accidentally leave your phone at home? Or have had a hard time putting your phone down, while feeling you haven't had enough? If so, then you might have a serious addiction to technology, similar to a craving of drugs. Not to worry! CTP has many solutions to your tech addictions.

### To learn more about the craving of technology visit:

<https://www.telegraph.co.uk/technology/news/8436831/Student-addiction-to-technology-similar-to-drug-cravings-study-finds.html>

<http://time.com/money/4321597/psychology-why-want-gadgets-iphone/>

<https://www.independent.co.uk/life-style/gadgets-and-tech/features/mobile-devices-a-constant-craving-that-may-be-changing-our-personalities-7858608.html>

## About CTP:

Center For Technological Pain is a non-profit organization focused on offering DIY and Open Source solutions to health problems caused by technology. These solutions range from physical objects that help eliminate certain problems to self-defense moves and classes that help beat tech-addiction.

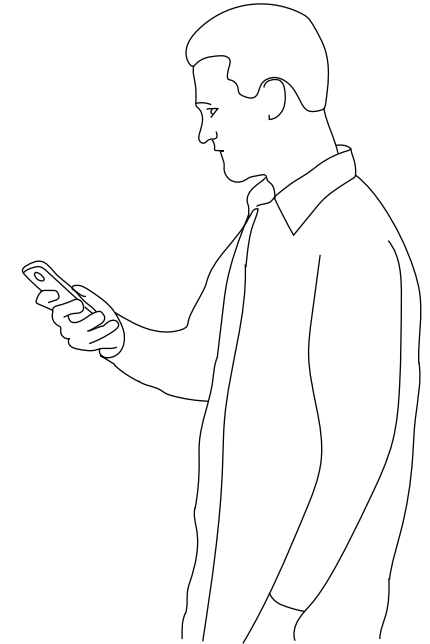
### For more information visit:

*website:*  
[centerfortechpain.com](http://centerfortechpain.com)

*instagram:*  
[centerfortechpain](https://www.instagram.com/centerfortechpain)

*twitter:*  
[centertechpain](https://twitter.com/centertechpain)

# CRAVING



Self-Defense  
Against Technology



# WRIST HOLD ONTO YOUR PHONE

The craving of technology has often been compared to the craving of drugs. Don't let technology take over your life.

You can always use a wrist hold to ensure someone pays attention to you.

