

Phone Dependence:

Though mobile phones are seen as indispensable in our every day lives, mobile phone dependence can be a serious issue for some and certain behaviors can be equated to other addictions such as alcohol, drugs etc. It is important to notice those behaviors and eliminate them.

To learn more about tech related addictions visit:

<https://www.liebertpub.com/doi/abs/10.1089/cpb.2009.0022?journalCode=cpb>

<https://www.theguardian.com/technology/2018/jan/27/mobile-phone-addiction-apps-break-the-habit-take-back-control>

<https://www.youtube.com/watch?v=NUMa0QkPzns>

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

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

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

DEPENDENCE



Self-Defense
Against Technology



PAINDESTRIAN

The use of mobile phones can cause serious addictive behaviors that can lead to other problems in the future.

Strangers walking into you on the street will no longer be a problem, if you practice this move.

