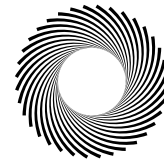


A DAY ~~IN MY LIFE~~ ON MY PHONE



By Patricia Fiske

Is it a day in my life if I'm just seeing a screen?

Is it a day in my life if I give all of my attention to an inanimate thing?

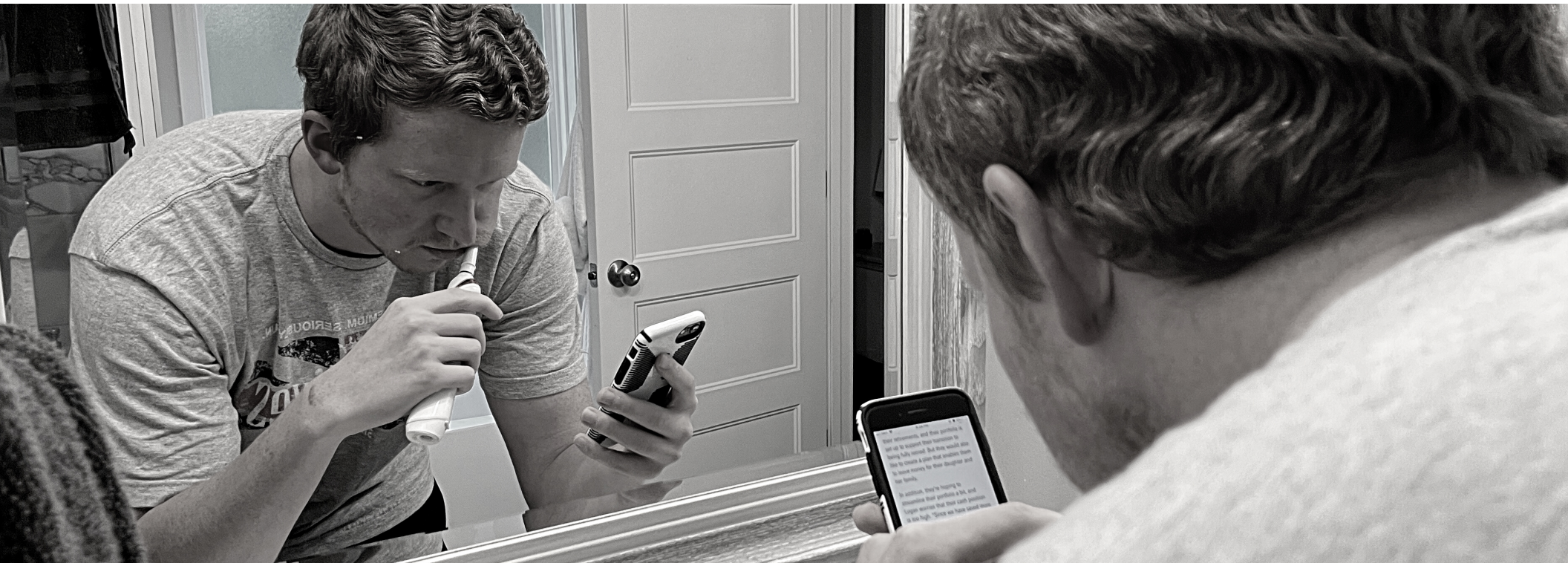




It starts in the morning.
I just want to see..
What has happened in the
few hours I've been asleep?
It won't take long, just a minute or two.

But wait..
I woke at 7 and now it's 8.





I check the news while I'm brushing my teeth..
It makes the time go by quicker; it's not harming a thing!



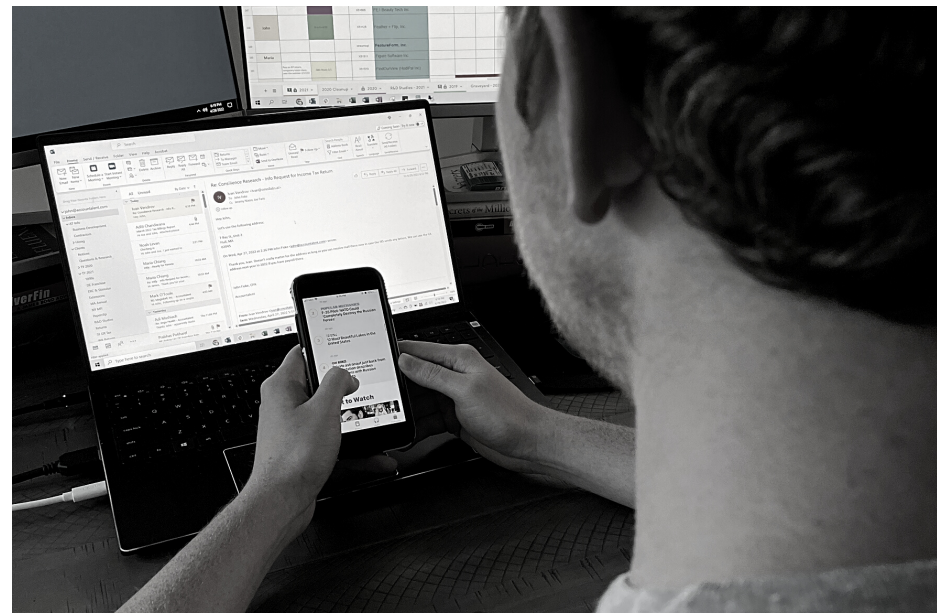
Breakfast is boring. There's nothing to do. I'll just catch up on emails while I enjoy my brew.



Same for lunch and dinner. What else would I do? Talk to my wife? My kids? There's nothing new.

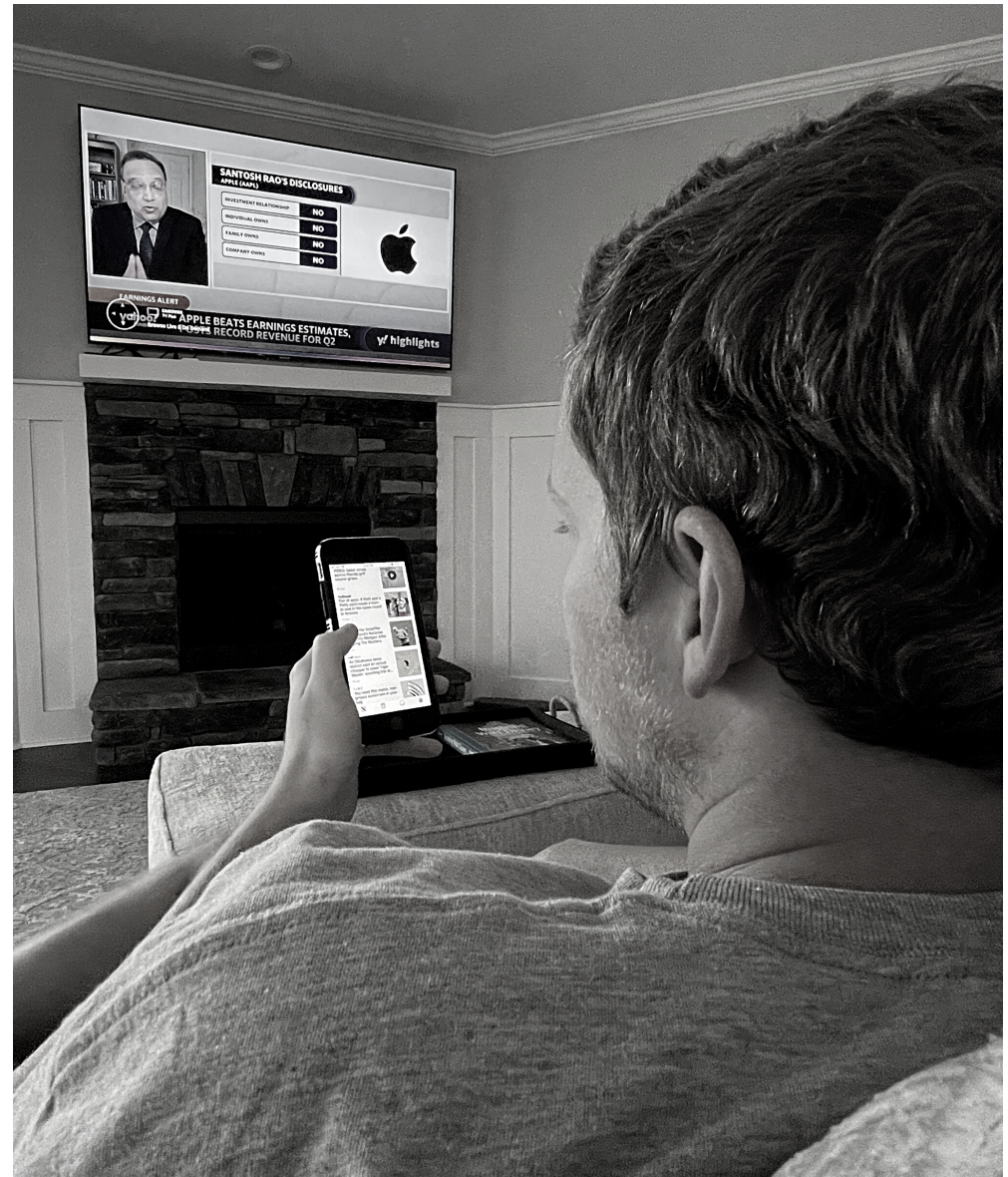


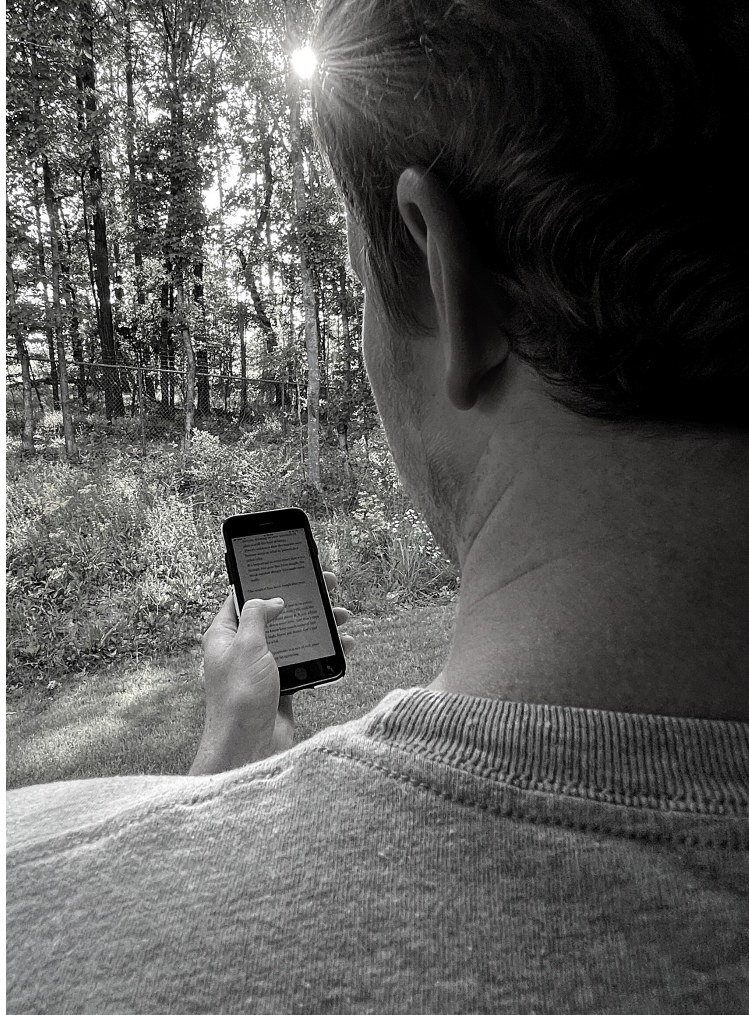
More emails and spreadsheets. It all takes so long. I pass the time by checking social media. It can't be so wrong.



The work day has come to an end.
Time to unwind on the couch with
some tv and my dear friend.

What's their name? Oh, I don't mean
a human. This companion is always
charged and ready for me to use it.





Sunset! My favorite time of the day. I love sitting outside and enjoying the beauty of nature. It's a relaxing way to unwind.





The day is done, but something is off. I haven't accomplished much on my list and can't remember whether that call was a hit or a miss. The day is blurry for some odd reason.

I guess I'll go to bed and hopefully feel better tomorrow.

One more check of the news... social media... email... it's all the same, but I've got to stay present.

It's hard to sleep. I'll just watch some YouTube.

I'm drifting off - phone in one hand, my wife's in the other. I feel unsettled but can't pinpoint the problem. Hopefully soon I'll figure out why I'm so solemn.