

Barbara - Day 2

Day 2, my morning of Blackberry-soberness, found me with a hopeful serenity. My usual routine begins with checking my emails before even getting out from under the covers, getting the kids fed and in the car for the school commute, and then calling Tina to review everything that came in while on that commute. This morning I eased in to my day by making a hot breakfast for the kids. I was ahead of schedule since I did not stop to reply to anything. I enjoyed casual conversation with the kids during the ride. The clock strikes 8:04 and I wonder exactly how much I have missed and how far behind I already was. I call Tina, who complains that I wasted those extra 4 minutes. It wasn't too bad though, and I still wait until I am at work in front of my computer to quickly sort through the last night's emails. That evening, I was happy to sign off at 5:00; and it was almost too easy to get dinner made. I decide I like this new routine. It was like actually sitting down to enjoy a meal, tasting each bite rather than fitting in a few bites here and there while working on some other things. Sure I can fill my tummy that way, but it is a more fulfilling experience to sit down and dine. Sure I can interact with my family while using my Blackberry, but it is a more fulfilling interaction when I don't bring the Blackberry with me. I keep pushing back that small voice that keeps saying "tasks are piling up..."

Tina – Day 2

2 am: I am up again. I get some water. I am too tired to turn on the computer to check email. I go back to bed. I cannot sleep. I finally get up at 6 and get on my laptop.

8am: I drop the boys off at school and immediately turned on my blackberry. I breathe a huge sigh of relief, able to feel connected to the world again.

11am: Dell delivers a new hard drive. I can't install it until next week. I can't be without a blackberry and computer. I hold my breath and hope that my current hard drive lasts until next week.

5pm: I am out with my 6-year old and have to end an important call to turn off my blackberry. I drive home wondering why agreed to give up my blackberry and anticipating the stream of emails that will appear in the morning. I usually clear them out at traffic lights. I am irritated that I am sitting at lights doing nothing.

6:30pm: My 3 year old is in bed and I have an enjoyable 30 minutes reading with my 6 year old.

7pm: I check emails on my laptop. I am frustrated that I cannot call Barb about recent emails.