

I was anxious, irritable and felt insecure.	<i>I felt so uncomfortable and insecure.</i> CHINA: Mainland & Hong Kong	The anxiety and loneliness inside me were growing. I could hardly concentrate.	Music keeps me focused, like my ADD medication, and I had neither.	I went into absolute panic mode USA	It felt as though I was being tortured.	In short, I believe that I have no willpower to be disconnected. ARGENTINA	I feel empty. I feel isolated.	
<i>I felt so lonely... I could not sleep well without sharing or connecting to others.</i>	I feel like a slave to media.	<i>I sat in my bed and stared blankly. I had nothing to do.</i>	I began going crazy.	I felt like a drug addict.	I felt a strong compulsion, as if certain devices were telling me to check my texts and email, or go on Facebook.	I felt 'dead.'	I got lost in these 24 hours.	I'm addicted to technology.
<i>I felt so 'urged' to go online... I could barely practice self-control.</i>	The feeling of nothing passed into my heart; a slight tension enveloped me. I felt like I had lost something important.		My anxiety took over me and I caved in.	I suffered 'withdrawals' and even unconsciously reached out for a calculator which is slightly shaped like my phone.		I felt like I was missing something.	I felt the helplessness of not communicating.	I find it necessary to be connected and updated all the time.
I realized my addiction to media.	I felt as though everything I knew was taken away from me. SLOVAKIA	I hope that I never again have such a day in my life.	I had the feeling that my cell was vibrating... I began to search for it and found nothing.	I began to feel distress and despair. MEXICO	The anxiety continued for the rest of the day. Various scenarios came to my head, from kidnappings to extra-terrestrial invasions.	I feel paralyzed – almost handicapped in my ability to live.	Emptiness. Emptiness overwhelms me. UK	Unplugging my ethernet cable felt like turning off a life support system.
I was totally desperate.	I panicked.	I felt a strong feeling of anguish.	The only thing going through my mind was (voice of psychopath): 'I want Facebook, I want Twitter, I want YouTube, I want TV.'	I felt incomplete.	It was surprising to see how desperate I was. I felt a little pathetic.	My senses went numb and I felt paralyzed.	I am an addict.	Media is my drug. Without it I was lost.
Maybe it is unhealthy that I can't be without knowing what people are saying and feeling, where they are, and what's happening.		To be honest I couldn't help it. I broke the promise again.		It was surprising to see how desperate I was. I felt a little pathetic.	Emptiness overwhelmed me.	My senses went numb and I felt paralyzed.	I had a raised heart rate, increased anxiety and was panicking.	I am addicted to social media – in particular Twitter.
I went to sleep at 8 pm so that I was not tempted to watch TV or listen to music. UGANDA		I felt like there was a problem with me.	This is the one word that sticks in my mind when I think of this whole thing: Isolated.	My dependence on the media is absolutely sickening. LEBANON	I kept hearing the sound of my Blackberry messenger ringing over and over in my ears.... It was haunting me!	I felt desperate and felt some kind of anguish.	My nerves were overwhelmed. CHILE	Even in my dreams I see myself chatting, using Skype, Twitter, adding people on Facebook.
I was tempted.	I felt so lonely.	I am so dependently tied to various forms of media.	I couldn't <u>not</u> listen to music. I listened to almost 40 seconds of a song and then I was 'satisfied.'	I am an addict of Blackberry Messenger.	I didn't realize it would be so isolating.	I felt uncomfortable, disconnected.	The silence was killing me.	I felt lonely.
Halfway through the day I felt I could not handle it any more.	I cannot imagine how life can be without using media.	I counted down minute by minute and made sure I did not exceed even a single second more!		As soon as I left my phone... I kept looking back. I felt that I needed it at that second.		I went on a walk... I felt the same.	It was a horrible day. I CAN'T LIVE WITHOUT MEDIA! I need my social network, my cell phone, my Mac, my mp3 always!	