

What does your cell phone help you to remember?

It helps me to remember certain appointments that I have during the day.

I don't really get into programming my whole phone to, like, give me alarms and alerts and help me. As a matter of fact, I really don't like helpful appliances.

It helps me remember to get up because I set an alarm on my smartphone to tell me to wake up in the morning. It helps me to remember details about any, uhh... anything really, as long as I have access to Wikipedia from it.

It's interesting that you should say that because it didn't help me to remember something that I really wanted to do on Saturday night.

Birthdays...

It actually didn't help me, because I didn't I tell it to help me.

It doesn't help me to remember all that much, to be totally honest, because I don't use the calendar on it very actively.

What does your cell phone help you to forget?

I think it helps me forget and kind of release information that I would have otherwise kept my brain, right, like none of us remembers phone numbers anymore. I don't know my husband's phone number, because I never have to know it. Until I'm locked out of my house without my phone. I mean someday I'll need to know it.

Smartphones take a lot of the weight off of the importance of remembering details and facts, umm... because you can look them up just as easily with the push of a button.

Oh, a lot. Umm...

I think that it's lowering our potential for short-term memory. So, what does it help you forget? Just about everything.