

Transcripts for No Guilt Mom Podcast Episode 186

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[00:00:00] **JoAnn Crohn:** Welcome to The No Guilt Mom podcast. I am your host, JoAnn Crohn. Joined here by my co-host, Brie Tucker. Why?

[00:00:07] **Brie Tucker:** Hello? Hello everybody. How are you?

I'm trying to do it slowly and articulate better because the AI really doesn't like my intro.

[00:00:17] **JoAnn Crohn:** Oh, to do transcript?

[00:00:18] **Brie Tucker:** Yeah. The transcripts that I, the stuff it comes up with is wild.

[00:00:23] **JoAnn Crohn:** Oh my gosh. Should we talk about how the captions on Instagram, the ai there not like it?

[00:00:29] **Brie Tucker:** Oh my gosh. Yeah. So this is, so let's, I will let, let's dive into that, shall we? It's the end of May when you're hearing this. But if you follow no guilt, mom, Instagram, and if you're not, you're missing out on a good party.

[00:00:44] **JoAnn Crohn:** Okay? So first of all, if you have kids listening, if you could just put your headphones in really, really quickly or pause it right here and listen to this section after, unless you're teaching are outta the body, body parts, then you know it might work. Unless you're teaching them body parts, um, it, it might make for an uncomfortable situation.

We'll just say that and all the kids are like, oh my gosh, now I need to listen to this episode after I know right. So, um, we had just finished our No Guilt Mom VIP Retreat, which was fabulous. Yes. Eight women came to Phoenix, flew in, got professional head shots, got a lot of coaching left with such big plans, and we documented the whole thing on my Instagram stories at No Guilt Mom on Instagram over the weekend.

Christina did it actually on our team. It was phenomenal.

[00:01:30] **Brie Tucker:** Yay, Christina.

[00:01:30] **JoAnn Crohn:** And if you want. If you wanna go look at them, they're actually a highlight, so you can find this particular thing on Instagram

[00:01:37] **Brie Tucker:** because you wanted to make sure it was there forever. I get it. I get it

[00:01:40] **JoAnn Crohn:** forever. Because at the end of the day, we were all sitting on the bed in our hotel room, me and Christina and Brie, and we were just going like, Hey, like it was fantastic and wonderful, like thank you to Christina for taking over the Instagram stories.

And then I was like, thank you for Brie, for being the best Brie. And you could see Brie make this face in the background. And I keep talking

[00:02:04] **Brie Tucker:** what's. What's up, Brie, for being cheesy talking?

[00:02:08] **JoAnn Crohn:** No. Well, that's how I thought it came across. So we, so I ended that story and then I came back on and I'm like, I really think I have to explain myself what I said, being the best Brie and Brie's.

Like, no, you don't. And I'm like,

yeah, I do, because Brie does so much and she's so wonderful. I can't just say she did one thing spectacularly and Brie said, oh yeah, well I, I'm like the jelly to your peanut butter. But, and, but Brie end of story.

[00:02:36] **Brie Tucker:** well, I was gonna say, but Brie was tired and Brie does not articulate well when she's tired.

[00:02:40] **JoAnn Crohn:** There was, there's so, so on all the Instagram stories, I put on the automatic captions on which, on which I love as somebody with a disability background. I love that. And there's, so there's captions. So sometimes I review the captions, but on this caption I saw something that I'm like, wait. What's on there?

And AI had transcribed Brie saying, I'm the jelly to your penis.

[00:03:04] **Brie Tucker:** Yes, yes.

You know what's even worse? My husband listened to it later and he's like, uh, that AI wasn't that off. It did not sound like you said peanut butter. Uh, I was like, I was tired. Leave me alone!

[00:03:19] **JoAnn Crohn:** I was just like, oh my gosh. Thank goodness I checked captions before posting this.

[00:03:24] **Brie Tucker:** Yeah. I appreciate that too. I do, I do.

[00:03:29] **JoAnn Crohn:** Cause I changed it. So you don't see that on it. But I do have a screenshot if anyone is interested.

[00:03:35] **Brie Tucker:** Are you offering to send that out to people?

[00:03:39] **JoAnn Crohn:** Oh my gosh. Because I sent it to your husband. I'm like, look at this. And he's like, ah,

[00:03:45] **Brie Tucker:** leave a review for the No Guilt Mom podcast and then email us and JoAnn, I'll email you the screenshot.

I'll send you the screenshot. Of Oh my God, so, so funny. Yeah, and I was trying to be cool, like coming up with something amazing and I don't even know why I said it that way, because like the saying isn't jelly and peanut butter, it's peanut butter and jelly. So like why I even did it that way. I dunno. It was meant to be, my brain was like, I'm gonna sneak this in and it's gonna be hilarious.

[00:04:10] **JoAnn Crohn:** We have these like quote, I have this quote list from our weekend and that definitely made it on the quote list. Oh my gosh, I'm the jelly to your penis. Yes. No.

Well, we talk a little bit about AI in this interview. Um, There's, there's my segue. There you go. Um, if you're finding that you're a little bit, you feel like your phone is controlling you, you're gonna love this.

Catherine Price is the author of The Power of Fun, which we have talked about before on the podcast and how to break up with your phone. Which we've talked about in our Balance V I P group, and we're doing a whole challenge around it actually this month of May. And she's the founder of Screen Life Balance.

She helps people scroll less, live more, and have fun, and she's completely delightful. I feel like we have a connection. We can, and you're gonna be seeing a lot more of Catherine Price. So on with the show.

You want mom life to be easier. That's our goal too. Our mission is to raise more self-sufficient and independent kids, and we are going to have fun doing it. We're gonna help you delegate and step back. Each episode will tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process.

Welcome to the No Guilt Mom Podcast.

So Catherine, we are super excited to have you with us today, and thank you for joining us. You've said it been a morning, like we were talking about it beforehand. It is a morning.

[00:05:56] **Catherine Price:** Yeah. Thank you for having me.

[00:05:58] **JoAnn Crohn:** Yeah, I was identifying with you saying it's a morning too, because you're like, my hair's wet.

I just came outta the shower. My hair's up in a headband because my toilet's backed up last night and I was afraid to take a shower.

[00:06:09] **Catherine Price:** Amazing.

[00:06:09] **JoAnn Crohn:** because everything would flow back through the drains, so there's something morning.

[00:06:13] **Brie Tucker:** Well, there's nothing better than getting outta the shower and seeing your toilet overflowing in the bathroom because you took a shower.

Like I, I couldn't see, oh my God. That,

[00:06:21] **JoAnn Crohn:** yeah. No, it's really bad. We're just getting through. We're getting through. I'm such a big fan of yours. I told you right before we got on, I love your books both how to break up with your phone and the power of fun. You personally have encouraged me to have more fun in my life and to seek out more of that joy as well as our Balance VIP members, because we did a book club reading of the Power of Fun, and they're all seeking out their fun too.

It's so cool. And I'm just fascinated with you. So you started out as a science medical journalist.

[00:06:55] **Catherine Price:** Yeah, what did I do? Actually started out as like a tutor and an ice skating teacher, cuz I was trying to write, oh my god, a book of fiction, which was so bad first of all. And second was definitely just a thinly veiled account of my own life.

It's embarrassing. I I hope I never,

[00:07:08] **JoAnn Crohn:** you wrote a book of fiction? That's so cool.

[00:07:10] **Catherine Price:** I don't think I ever finished it, but I was try, I was tutoring and teaching ice skating to support myself while I tried to write this book. And then at some point I was like, this is terrible. And I went to journalism school, so yes.

But I have a background, it's kinda like a medical and health. I guess I'm like wellness reporter of a journalist, but think of myself more as a writer. And then I, I wrote a whole book about the history of vitamins and supplements and then had my daughter and ended up writing how to break up with your phone.

So it's kind of been an interesting trajectory to, uh, just follow my curiosity and see where that leads in terms of writing projects.

[00:07:42] **JoAnn Crohn:** Yeah. And in, in your book, how, how to Break up with your phone, you mentioned that when you noticed that your own attention was starting to wane. Yes. Is that what led you into writing about breaking up with your phone and these digital device effects they have on us?

[00:07:58] **Catherine Price:** Yeah, I think it was a variety of things be, this was like 2016, so yes, I started to notice my attention span was really not doing very well. I also had done a lot of stuff with mindfulness and mindfulness-based stress reduction, both in terms of writing about it and then also taking, you know, the eight week course in mindfulness-based stress reduction.

So I was really doing a lot of kind of like noticing myself in the moment and what I was doing and how I was feeling. But I do distinctly remember writing in my journal one day and. Trying to continue a thought. And if you read that entry, it looks like I've got some kind of attention problem because I start talking about like buying sports bras in the middle of it.

Like I just like leave writing and I'd go on Amazon and spend 30 minutes researching and buying sports bras. And then I came back and kept writing. So definitely that was happening. And then the other thing is that, you know, I, I'd

had my daughter in 2015 and I just started to notice these times when I'd be up with her and.

Feeding her or whatever, and she'd be looking at me and I'd be looking down on my phone. And I think that's where the mindfulness kicked in, where it was like, oh, I saw the scene as if it, if I were an outsider looking at myself. Mm-hmm. And basically saw this little baby gazing up at her mother and her mother looking down at her phone.

And that was horrifying. And. Really a wake up call for me. Cause I'm like, I don't wanna be living that way. And I certainly don't want that, the imp to be the impression my daughter has. Mm-hmm. Of a relationship, like let alone with her own mother. So kind of a confluence of all those things made me think, wait a second, like what's going on here?

This device is doing something to me and I'm not the only person. Whom this is having an effect on. But at that point in 2016, there weren't too many people talking about it, you know, in the way they are now. Yeah. And I couldn't find a solution, and so that's when I was like, I wanna come up with a solution.

I don't wanna just get freaked out. There was like books that made me freak out, but not books that gave me a solution.

[00:09:41] **JoAnn Crohn:** There are so many books out there that make you freak out. And there's nothing that really digs into the, first of all, like, why are we having this addiction to our screens? And second, it can't be that all devices are bad.

As somebody who, I love tech, my dad was a computer science teacher. I love technology. I love what it's able to do. It can't all be bad and nothing else is addressing it the way I think you did in how to break up with your phone.

[00:10:07] **Catherine Price:** Huh? Well that's nice to hear. Yeah. I was trying to have like a non-judgmental approach, both to ourselves and to the, you know, I'm not anti-technology by any means. Like we're doing this interview over technology. I'm very grateful, yeah, that I can see you and hear you and we're doing this, but it's more, you know, how does our use of technology align or not align with how we actually wanna live our lives?

And then how can we use technology in ways that support the ways we wanna live? And not get sucked into all the attention grabbing things on our phones and other screens that are, you know, they're really engineered in very

sophisticated ways to steal our attention from us. Like how do we create those boundaries so we keep the good parts, but then minimize the bad parts.

Yeah. It is funny how like these devices tend to manipulate our attention and in the book you mentioned like all the things that they design into like Instagram with the notification

timing. There is a lot of very sophisticated programming and engineering and psychological manipulation that goes into the most problematic apps.

And my book, how to break up With Your Phone came out in 2018. That was before TikTok. So Instagram is sophisticated, but TikTok is even crazier in terms of its ability to. Predict what you are going to want to see and suck you in. Yeah, that that's by far the most effective and powerful algorithm, all of all of them.

But I think it's important just for all of us to recognize that if you have trouble kind of setting limits for yourself and how much time you're spending on social media apps in particular, please don't blame yourself because these apps are being designed with some of the top. Minds in the world working on keeping your attention on those apps.

So I think that we do need to actively work to create boundaries for ourselves. So it does require work on our parts, but it shouldn't come with self-judgment. There's no point in beating yourself up, just know that you are against a formidable opponent.

[00:12:02] **Brie Tucker:** Yeah, I just wanna say like, why do we keep doing that to ourselves as, as a society? We have all these great minds working on. ..Algorithms to keep your attention on an app. Why not? I don't know. Solving some of the problems of the world? World. Hunger problem. Money. I know, right? We have a little pill, but we still can't cure cancer.

[00:12:23] **Catherine Price:** I just, well, I get, yeah, I get frustrated from, I have type one diabetes and so I've got this insulin pump and it's more sophisticated than it was when I was diagnosed in 2001.

But it's not smart, you know? It doesn't learn from my experiences. And I'm like, if my insulin pump had 1000th. Of the power of that algorithm, the prediction of TikTok that TikTok has, it would actually make my life and the lives of the millions of people with type one diabetes better. Yeah. But that's not where the investment, yes.

We could go on without

[00:12:53] **Brie Tucker:** ly. I'm sorry that that's my little tidbit. I'm just like, Ugh.

[00:12:55] **JoAnn Crohn:** It's funny though, because it's like you, you come, now I'm on a squirrel brief. You come to think about it and you're like, well, Why is that? It's so controllable. So like with the social media apps and like with TikTok and with Instagram, you could really play with people's little dopamine spikes and you could get them like addicted to things, whereas with insulin. It's not growing. I mean, it's horrible to say it this way. It's not a growing industry. It's not something that you can put little tweaks on and like get no, continue, get more. Like once you solve it, solve,

[00:13:25] **Brie Tucker:** solve. It is that once you solve it, solve it. It's done.

[00:13:29] **JoAnn Crohn:** Well, well, no.

[00:13:30] **Catherine Price:** Yeah, you could make a lot of money.

I'm just saying anyone out there is listening. You could make a lot of money because there's so many people with diabetes and that number's growing. I mean, that's a all separate conversation cause it's so hard. Well this is interesting though, right? It's so hard to get approval for a medical device because insulin can literally kill me if I take too much.

Right? Like I could kill myself right now. Right? So you don't wanna just mess around with an algorithm that's gonna AutoD dose insulin. True. But I think it is interesting to think that we do have these algorithms and, and. Programs that are being created by companies where there are no checks on what they're doing.

You know, the social media apps were able to be launched with absolutely no research into what this might be doing to our mental health or even to the development of adolescent brains. And that's something that's, there's an increasing amount of attention being paid to right now. And I mean, I don't know how far you wanna go down like the ai, the artificial intelligence path, but that is truly insane where we have artificial intelligence.

Intelligence, these algorithms being developed in these products being launched where the, the creators themselves thinks there's a chance that they might literally wipe out humanity and nobody, there's no checks or balances. There's

no kind of like phase one, phase two, phase three in the way that they're with drug trials or even like device approvals that we have for technology.

Yeah. Whether it's social media or these kind of brand new technologies like generative ai. So I think that's really interesting for us as a society to think about is why are there not safeguards in place to make sure this is not going to go off the rails.

[00:14:53] **JoAnn Crohn:** Yeah, and I think they're, they're kind of going to that way with the talk of actually banning TikTok in the us, like seeing the impact that this social media is having on people.

And I mean, obviously that's an extreme example of how to conquer this issue. Some more study and research needs to go into it. But it is interesting how, yeah. There's nothing regulating it yet. I'm, I think it's coming hopeful.

[00:15:13] **Catherine Price:** I think it is too. And, and I do wanna say, cause I, I'm assuming you guys have a lot of parents listening to the show, that one thing I've been doing, so I have an eight year old daughter and I do not want her on social media.

I think the evidence is becoming, well, first of all, intuitively like, come on. Like if you're looking at idealized pictures of other people's bodies and lives for hours a day, do we really think that's not gonna have some kind of effect on you? But now there's actually solid. Evidence coming together, showing a causative effect.

And one thing I am working on in my own daughter's school is to get parents together to say, you know what? When the time comes to get our kids phones, why don't we collectively agree to not go straight to smartphones? Right? Like, why would we get our children devices that allow them access to everything on the internet, including all the pornography on the internet, all of the violent content on the internet, all the predators on the internet.

Everything on the internet without any kind of guidance. Why don't we get our kids instead an alternative to a smartphone? Cause there's actually a growing number of alternatives that are actually cheaper than, say, an iPhone, that have more guardrails in place that allow you to essentially give your kid almost like a learner's permit mm-hmm.

For the internet and slowly help them get on board. And maybe not let them have social media. Like technically the age of consent for those apps is already

supposed to be 13. Mm-hmm. And there's a bi, believe it or not, a bipartisan movement in Congress now to try to get that age raised to 16. Mm-hmm. So I say that to say I think that every parent I've talked to is terrified about getting their kid their first smartphone and allowing them to be on social media.

And I think there's a real opportunity for parents to band together and to actually. Give our kids an alternative and have a more intentional approach, especially now that there is really solid evidence behind the harm that's being caused by some of these apps and platforms. So I'm kind of, I don't know.

I'm feeling overwhelmed by that quest personally, but also really inspired by the positive response I've gotten from other parents. And it's something I hope to be working on, creating more resources for. And there's also some great people working in this area, like Jonathan Height. This author who's coming out with a book next Fall about kids in social media, and he's got an excellent CK called Beyond, no, after Babel, after Babel.

I recommend to anyone listening to this who's like concerned about social media and kids. He's really great about summarizing the evidence in a really digestible way. I think

[00:17:27] **JoAnn Crohn:** the, the problem that many parents run into is because at least I've seen this in my own kids' school, the kids come to school and every single one of their friends has a phone.

[00:17:38] **Catherine Price:** Exactly.

[00:17:39] **JoAnn Crohn:** And when every single one of their friends has a phone and you're talking about social dynamics and friendships. Mm-hmm. If they don't have one, they can't participate in the group, which makes it really, really difficult for kids to be accepted by their peers. I love your idea about getting the parents on board with a set of guidelines so that kids don't have to run into that scenario Exactly.

Where they're the only ones without it.

[00:18:00] **Catherine Price:** Exactly. It's the network effect. Right? Right. And, and Jonathan Height makes this point in his, in his newsletter, but he says, you know, if you were to decide, for example, to just stop eating sugar and everybody else kept eating sugar, it wouldn't really affect you. It doesn't really matter to you personally that everyone else stills eats silly sugar, right?

Mm-hmm. But if everybody else is on social media and then you're the one person who doesn't, and they're doing all their socialization mm-hmm. Through social media, of course it's gonna have an effect. And so that's why I'm really excited about the possibility of kind of, Helping people to intervene early, like for parents to say early on, before their saturation of smartphones to say, oh, wait a second.

We all care about the same things. Like there are alternatives. We could actually do an experiment and see what happens if we, obviously kids are gonna make mistakes and do dumb things and their communications and all that, but like, if it's not so public, if the humiliation is not shared on Instagram, you know, I'm still kind of traumatized by middle school.

[00:18:53] **Brie Tucker:** Same, same, same.

[00:18:54] **JoAnn Crohn:** I, there is no pictures evidence. No pictures.

[00:18:57] **Catherine Price:** It's all living in my brain and it's still living

[00:18:58] **Brie Tucker:** there. Very rent free. Yeah. What still like, but I think like all of this has gotten 10 times worse since Covid. The pandemic happened. We all got sucked into our homes and, and then also got sucked into the social media in our phones because that was our connection.

So the breakup? Mm-hmm. I, I know for me, and I don't know about for the two of you, like it's been a lot harder. I find myself doing so much more time on my phone than I did before the pandemic and yeah. And I feel guilty trying to break cause I know I shouldn't be, but I'm having a very hard time breaking it.

[00:19:36] **Catherine Price:** Well, let's, let's go over the shoulds, because I think first of all, totally natural. I mean, first of all, we wouldn't have wanted, I would not have wanted to have gone through, especially the early phases of the pandemic without the ability to connect with people. Yeah. Right. So I think it's more like if you recognize you're reaching a point where the balance feels off and you just feel.

That something doesn't feel right inside about the way you're interacting with technology or the amount of time you're spending on, you know, scr. People use the term mindlessly scrolling. Whenever I ask people like, what are you trying to do? They're like, I wanna spend less time mindlessly scrolling, right?

Yeah. Mm-hmm. So maybe come at that with a. More of an attitude of curiosity rather than self-judgment. It's like, okay, well you're recognizing that this doesn't feel good and that you don't want to, it's not that you shouldn't, it's that you don't want to. I think that's a really important difference in phrasing, because then it's like, oh, okay, I've decided I, I don't want to do that.

That's great. Mm-hmm. That's a wonderful starting point because then you would actually be like, okay, what can I do? What, what do I wanna do?

Mm-hmm. You know, and then you have kinda like a more positive path and being a bit kinder to yourself that like, you're probably gonna get sucked into the scrolling cuz it's your habit and also it's designed to make, you wanna keep scrolling.

Yeah. Mm-hmm. On some very deep, subconscious, subconscious level. But you know now in your heart of hearts, you don't wanna be doing it. So it's a lot easier to stop doing something that you recognize you actually don't like than it is to Yeah. Come at it from a place of self restriction. Yeah. It's the difference between going on a diet, right, where you're trying to restrict your.

To say no to. I don't know, the stereotypical like chocolate cake versus recognizing, huh? When I eat a pint of ice cream and one's sitting, I actually don't feel good. And so I don't want to do that. That's different. So yeah, I think we need to be kinder to ourselves, but do recognize like it's the pandemic kind of induced the sort of like binge right of screen time and we're starting to feel the effects that it doesn't feel nourishing and we don't feel quite right.

And rather than beat ourselves up over honestly what was a coping strategy. Yeah. For the past couple years, let's. Take a deep breath and figure out what we want our path forward to be.

[00:21:32] **JoAnn Crohn:** Cannot think. Yeah, I, I love that and I love the noticing like, you don't want this feeling going back to like it being a habit.

It's so interesting how habitual, just picking up your phone is we're doing this digital detox right now in balance and the other day our focus was on the mindfulness. Like paying attention to where you're feeling it in your body, paying attention to those three Ws that you have, like especially when are you picking it up?

And I was doing that the other day and I noticed that every time I pull up to a stoplight and like my kids aren't in the car, I only do this when my kids aren't in the car. Every time I pull up to a stoplight, I have this urge to pick up my phone

and to check something. Right. And it's, it's like once I notice that I have that urge, I'm like, what is going on here?

This is so bizarre.

[00:22:24] **Brie Tucker:** You're not alone though. Yeah, I know that. Yeah. So when you said that we're all like, Yeah. Oh

yeah.

[00:22:30] **Catherine Price:** Isn't it also crazy that it's like, it's not while my kids are in the car. Right? Cuz you wouldn't wanna put them at risk by doing that, but when we're alone, you don't wanna show them that.

Oh, it's fine. Yeah. You don't wanna show 'em that. Yeah. I think that's really, really an important point is that this is so deep, our habits, when it comes to picking up our phones, it's so deep and it's because our biochemistry has been hacked, honestly. And just to go into a bit more detail about what's happening, you know, people talk a lot about dopamine.

In a casual sense, what dopamine really is though is like a, a salience indicator. It's how our brain records things that are worth repeating. Mm-hmm. And so it's behind all of our habits because if you do something and it triggers the release of dopamine, it's essentially your brain's way of saying, oh, right, I should do that again.

Yeah. You can understand why that would be essential for the survival of our species, because dopamine is released if, say you eat delicious food or you know, sex, like eating in reproduction, big dopamine triggers. Yeah. But dopamine does not care. It's like the honey badger. If anyone remembers like honey badger don't give up like that.

Yeah. Right. Like it does not care whether or not this habit is good or bad. Is good or bad. Yeah. And so you can easily create a product that will become habit forming, if not downright addictive, by just making sure that using your product triggers a release of dopamine. So when we look at our phones, there are dopamine triggers deliberately baked into every aspect of its design.

And especially the most problematic apps are like little essentially slot machines. Worth noting. Slot machines are considered to be the most addictive machines ever to have been invented. In fact, the gambling disorder is like the first behavioral addiction recognized by the, uh, psychiatric association.

Really? Mm-hmm. So, yes. And slot. Our phones are deliberately designed to mimic slot machines to the point that you can consider it to be a slot machine that you keep in your pocket. So if you think about like a slot machine, what, what do slot machines do? Well, they've got lots of bright colors, cuz bright colors are dopamine triggers.

Think about the Instagram logo, right? That is ver everything, the phone. Those colors are not random. It's not like, you know, a raspberry is bright red and bright red is a dopamine trigger, but that's because of natural evolution. That's not the same for the Instagram logo. They focus tested that they actually engineered those colors.

Yeah. To appeal to you Another,

[00:24:37] **JoAnn Crohn:** they used to be sepia, now that I think about it, and now it's, it was like brown and you're right, it turned into this bright thing that

[00:24:45] **Catherine Price:** just that on your phone. Exactly. Or you think about big thing with, with the casino, why do you go to the casino? Cuz you might win something.

So the mm-hmm. Possibility of rewards. So obviously in a casino or slot machine, it's money you're after, but on your phone it's like new information or it's some kind of social affirmation, like a like or a comment, right? Mm-hmm. Or a follow. And then you think about what else is there in the. Casino. If you think about a slot machine, it would be very easy for you to just press the button just to say whether or not you won.

Cuz that's essentially what it's doing, right? Mm-hmm. But it spins and you wait. And the reason that's a feature is because that pause, the anticipation and the uncertainty are absolutely enormous dopamine triggers. Mm-hmm. As if you think about what happens when you open your phone and you check, you don't know what's gonna be there.

But it's engineered also that there always will be some kind of reward, right? Like you don't have somebody in Instagram, so you go to your email or you go to TikTok, or you go to whatever. There's always something. And the thing about dopamine is that every time you encounter that dopamine trigger and dopamine is released, it reinforces the idea that checking your phone was worth doing.

And then if you think about the flip side, like what happens when you don't check your phone? Well, At this point, a lot of us experience anxiety in the form of fomo. Right. Fear of missing out. Yeah. Whether it's missing out, like an actual experience that you see people posting pictures about or just missing out on something important, like a call from your kid's school or your spouse.

Mm-hmm. Or a work email, something like that. Mm-hmm. And the anxiety of like worrying that you're missing out on something that feels uncomfortable. I think actually likely produces stress hormones to be produced in your body, like cortisol, and that feels really bad. So what do you do to get rid of it?

Well, you, you try to sooth your anxiety by checking your phone again. And then what happens when you check your phone, you encounter a dopamine trigger, and then what happens? Then will you just reinforce the idea that checking your phone was worth doing? I feel like again and again and again, it's like

[00:26:31] **Brie Tucker:** a hamster on a wheel listening

[00:26:32] **Catherine Price:** to this.

There's or like no, like a rat. It's like a rat. True. There's no

[00:26:36] **Brie Tucker:** way outta there. All of us are. There is no way out of this.

[00:26:38] **Catherine Price:** Thankfully there is, but I mean that's why there is way outta it. That's when I say like, don't blame yourself. That kind of, um, when you're talking about being at the stoplight and feeling this urge to check, well, first of all, the fact that you noticed the urge is a huge success.

That means you're already on the path to a healthier relationship because you noticed it. The problem is that a lot of this is so self, so subconscious. We don't notice it. And that's why you end up. In the situation we all have been in where you look down in your hands and you're like, I have been on my phone for 30 minutes, for 45 minutes.

I don't even know how it got here. What happened in the past hour of my life? That is because of this biochemical hacking that is going on. It's, sorry. So funny. I just got me ranting, but

[00:27:19] **JoAnn Crohn:** Oh, no, no, no. I, I love all of this. It's so funny because I'm working on a presentation right now, and yesterday maybe like five minutes into looking at my phone, I'm like, what am I doing?

And I like threw my phone across the room. Because it hacks your brain. Yes. So quickly. It does so easily. There are times when like, I'm sure anyone can say this, they go on the computer to just check one thing. Oh, oh yes. Yeah. I'll be like, I don't even, an hour later I went on to check anymore. I don't even think I have, I don't even think I got there some Something distracted me online.

[00:27:48] **Catherine Price:** Yeah. I mean like I literally wrote the book and it still happens to me. So just to give a sense of like, this is very. It's very powerful. So don't blame yourself, but what my point being with you noticing it, is that is the first step. Yeah. Because once you notice it, you can say, oh, wait a second. Like why?

And I mean, maybe you guys have spoken about this on the podcast before, but I came up with this exercise called What for Why now, what else? Mm-hmm. And the idea is to help people become more intentional about what they're doing on their phones. So, I would suggest, first of all, if you haven't yet gotten into the habit of noticing when you pick up your phone, one easy way to make that easier is to just put like a rubber band or a hair tire on your phone for a couple days.

The idea there is that when you reach for your phone on autopilot and you're, there's like a hair tie, like blocking the screen for a second millisecond, your brain's gonna be like, why the heck is there a hair tie on my phone? Oh, and then you'd be like, oh, cuz that's the queue to pay attention. And then as soon as you do that, then you can go to this www exercise.

And the first W is what, for like what for like what did you pick up the phone to do? Did you have a practical purpose, like sending an email or making a phone call? Mm-hmm. Or was it like, just kind of random? Ask yourself that question. Bored,

[00:28:56] **JoAnn Crohn:** boredom. Procrastination.

[00:28:58] **Catherine Price:** Well, well that's the next one. It's like, why now?

Right. Like, why now? Why now? So was it actually like a time sensitive reason, like you had to buy your friend a birthday present, or more likely, was there an emotional reason that you did it right now? Mm-hmm. And that's where

it's like, I was bored. I was wanting a distraction. I, you know, was at the traffic light.

I, I feel lonely and I wanted connection. So I checked social media. That always makes me feel better or, you know, anxiety, whatever it may be. Once you kind of identify what your brain is after, you can move on to the third step, which is what else? What else could you do in this moment? And that could be, Doing something different to achieve what your brain's after.

Like if you're lonely, maybe you use the phone to call a friend instead of checking social media. Or maybe if you need a distraction you get up from your desk and like take a walk around the block. Instead of doing what you're gonna do on your phone, you might also decide you don't wanna do anything like say in the stoplight example.

Not just cuz it's safer but also cuz nice to have, give your brain a chance to just. Relax, our brains are so overloaded right now. Yeah. And then lastly, you might decide, I wanna be on the phone right now. Whether or not there was a practical purpose, you might actually want to be looking at social media in that moment, cuz you just enjoy it for two or three minutes.

Right. The point isn't to arbitrarily re restrict yourself from using technology. It's just to make sure that when you engage with your phone and and these devices, it's the result of an intentional, conscious choice. Mm-hmm. Mm-hmm. So that's the ultimate goal. And, you know, I've heard from people, um, there's some apps that can help you with this.

I, I think it's actually wonderful to use apps that can help you, but there's one called One Sec that people seem to really like. And what it does literally is you try to open a pre-selected app. You know, something, you identify as something that's a problem for you that you wanna change. And instead of opening it immediately, it pops up with a one second delay.

And I personally haven't used it yet, but I think it probably says something like, are you sure you wanna open this right now? And so many people have told me just the. One second pause is enough for them to be like, you know what? I don't. So again, that speaks to how deep this is in our circuitry at this point that we're checking on autopilot.

It does not take much to get this awareness. So I just wanna give people like hope that cultivating this initial awareness is within your power. And just by listening to our conversation so far, even without trying, I guarantee you're

gonna notice. Some moment in the next couple days when you're about to go into a phone spiral, and you should hold onto that as a

The beginning of a new relationship.

[00:31:23] **JoAnn Crohn:** Yeah. I've noticed it. Just knowing the behind the scenes stuff of what they're doing. For sure. And that one SEC app, I know that you mentioned in your book how like the Apple Store didn't allow those apps to be in the store at first. Like they were They

[00:31:37] **Catherine Price:** got that for my own book.

[00:31:38] **JoAnn Crohn:** That's they were, no, you wrote it in 20 20 17. Like I know how this goes. Like Yeah,

you don't remember.

[00:31:45] **Catherine Price:** Right, right. That's, no, it's, it's crazy. It's so they didn't allow it, but they then they

[00:31:50] **JoAnn Crohn:** did. But at first it was a struggle to get that app in because it restricted people's use of the other apps instructing.

Yeah, it's totally interesting. Well, with the stoplight thing is something that I've been doing that you mentioned in your book is that mindfulness is just paying attention to like where it is in my body and then like leaning into it. Because before I was trying to resist the urge so bad. I was like, no, I shouldn't do that.

No, that's a bad idea. But actually like acknowledging it and leaning into it. Yeah, the urge disappears. Maybe it takes like 10 to 15 seconds now, which is kind of a long time when you're just sitting there waiting for an urge to pass. But it's working.

[00:32:25] **Catherine Price:** But also amazing. And it's a quarter or fifth or a sixth of a minute, right?

Yeah. It's like, mm-hmm. I think what you're getting at is that, you know, and I got this from Judson Brewer who's a neuropsychiatrist, and he does lots of research with mindfulness, but the I, the idea he, he was using mindfulness as a way to help people quit smoking. Is that all urges pass? No. No. Feeling is permanent.

Everything passes, right? Mm-hmm. Nothing stays the same. So if you're able to kind of view your cravings, With a little bit more impartiality, almost like you're watching waves crash on a beach, like eventually it's going to subside. So if you don't fight against it, but you also don't indulge it, and you just kind of, again, get curious about it and kind of like, huh, I really feel the urge to check my phone right now.

You know, where do I feel that in my body? Like what does my brain feel like right now? Well, that's kind of interesting and just kind of be with it. I think it's actually amazing to hear you say it only takes 10 to 15 seconds.

[00:33:19] **JoAnn Crohn:** Feels like such a long time.

[00:33:20] **Brie Tucker:** JoAnn's always been a little bit ahead of the curve

[00:33:21] **JoAnn Crohn:** because you're, yeah.

Yeah.

Fascinating. So what are you coming up? What's coming up for you that you're really excited about?

[00:33:30] **Catherine Price:** Well, So, as you guys know, you know how to break up with your phone led me to write the power of Fun, which is all about why fun is actually an essential part of life, not frivolous at all. And that was because, you know, once I started spending less time on my phone, I ended up, whoa, with more free time, there's actually more free time than we realized guys.

Cuz we're spending an average of like four hours a day on our phones. Like before the pandemic, just the phone, not the laptop, not your tv. So I ended up, I don't know, actually having time to pursue hobbies like, Learn how to play the guitar, and it led to this feeling of joy and effervescence that just, I was so curious about.

So anyway, long story short, I ended up writing this book about that feeling, which I determined was fun. I can talk more about that if you want, but right now, so I think that fun is a combination of three states, which is playfulness, connection, and flow, which I'm happy to go into more, but right now I'm really, really interested in going deeper into connection in particular, and playfulness.

Maybe it's all of them. Maybe I'm just kind of investigating each of those. Independently, but just I think that, yeah. Yeah. I just personally like, you know, it's very isolating. The pandemic has been very, very isolating. And then personally, I'm a freelancer. I don't have a professional community, and I'm just very interested in trying to figure out ways that all of us can feel more connected to each other and to ourselves, like to our bodies, to our environments, to our neighborhoods.

All sorts of connection.

[00:34:49] **JoAnn Crohn:** We totally need the connection right now and it has been so wonderful talking to you, Catherine. I, we could talk for hours like, and we might even have to have you, I think we probably have to have you back.

[00:34:58] **Catherine Price:** We should do a fun intervention month.

[00:35:00] **JoAnn Crohn:** Yes. Oh, I love that. I would love that. A fun intervention. Oh my gosh.

[00:35:05] **Catherine Price:** Seriously. Let's do it. Yes,

[00:35:06] **Brie Tucker:** All right. People need to keep listening.

There's more episodes coming. Keep listening.

[00:35:10] **JoAnn Crohn:** Yeah. Well, it's been wonderful talking to you, and thank you so much.

[00:35:14] **Catherine Price:** Oh,

it's been wonderful talking to you guys too. Thank you. She was so awesome.

[00:35:18] **Brie Tucker:** I know. Awesome. Uh, Catherine like, okay. I, I, I know if we, if we lived in the same time zone, we'd be hangout friends.

[00:35:26] **JoAnn Crohn:** She's pretty awesome. I'm so, I'm so glad she's part of our squad. She loved her work so very much that like, it would've been sad to me if she wasn't awesome, but she, if she wasn't as amazing than expectations.

Yes, yes. She was more amazing than expectations. So, and there's so much more, I think coming up with Catherine like, and No Guilt Mom..

[00:35:45] **Brie Tucker:** I know! We had a nice, , she had a hard out, but man, we were cramming a lot in there. We have upcoming projects planned. I'm excited.

[00:35:52] **JoAnn Crohn:** Upcoming projects.

Yeah. But one of the things we were talking about is this, uh, her other book, the Power of Fun, we were talking about after we stopped recording the Power of Fun and how we had our no guilt Mom, v i p retreat. Yeah. Fun when we're recording beginning of May and how everybody like left with something fun they're going to do.

I mean, one is pursuing Bollywood dance, another's art history. Like she's taken art history class at college, which she's always wanted to do. Another is pursuing like, Theater opportunities. See where she can maybe act or good on stage. And like all of these things that we thought we had to put on the back burner cuz we're too busy and have kids now, like these women are making it a priority and their faces, they just left with so much energy.

So much energy. And that's what to quote, Catherine's book title, the Power of Fun. You have like, All this joy that we're so missing?

[00:36:48] **Brie Tucker:** Well, because our lives, we're so used to doing everything for everyone, and we feel like that's our duty and it's, and it is an important duty to take care of your family and to be a productive member of your family.

But if you don't have those things that are interesting to you, Then you're kind of like, I feel, at least for me, if it felt like I was a shell, you've been through that reawakening for me, where like in my case, unfortunately it had to be a divorce that brought it out for me. But now I have these passions that I get so excited about and I actually feel them missing when I don't do them.

I feel sad. I feel like there is something missing, and then when I get to go partake in it, literally, like I haven't been on the water very much last year, hardly at all. And, we decided just on a whim to go out to the lake two weekends ago and we're out there it was so much work to get out there trying to schedule everything, get the passes to go to the lake, getting all the equipment together, food, water, da, da, da, da.

But once we're out there, I'm like, this is that piece that has been missing that I couldn't put my finger on for like months. So, yeah.

[00:37:55] **JoAnn Crohn:** Yeah. I feel the same way about races. I love over race and I'm not fast, so it's not like I'm competitive at the, you don't have to be fantastic at it. It's just being in the event and being around people and like running and.

Eating after running. Like, I swear that's what all runners think about food. When do I get to eat?

[00:38:16] **Brie Tucker:** Hey, that's great. Same way after a day on the lake, I'm like, food and sleep. Sleep feels so much better after it's after. You've like really exerted it.

[00:38:26] **JoAnn Crohn:** Well, we highly recommend you go get both of Catherine's books.

Mm-hmm. How to break up with your phone and the power of Fun and look for more with her. And No Guilt Mom. And until next time, remember, the best mom is a happy mom. Take care of you, and we'll talk to you later.

[00:38:41] **Brie Tucker:** Thanks for stopping by.