

Why are we looking at our phones and laptops and how is that effecting our first impressions?

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When you interact with a technological device, you make quick, shallow decisions. You accept or don't accept a text, an invitation to click on a web link, an incoming call, and so on. These rapid decisions lay down pathways to the ego centers of your brain. In fact, doing so gives you a bit of a high and makes you feel superior to those around you. You can now understand the techno jerk who seems irritated and uncomfortable when he has to stop and talk to you. Unfortunately, to successfully make quick, shallow decisions, you have to weaken pathways to the social centers of your brain.