

What did you make?and why matter?

I tracked my cell phone usage to observe the purpose for which I use it and how it correlates with my current emotions. This is important because the cell phone is a multifunctional tool and a source of emotional dependency. This experiment helped me differentiate and question why I want to use my phone, understanding the origin of my actions regarding its use, and how it intertwines with my daily routine and sense of freedom

What happens when you involve yourself?

The initial attitude I adopted was to use the cell phone as little as possible to reduce note-taking. However, I later reverted to a normal pattern, where I checked messages and glanced at my phone by reflex. At one point, it was so frequent within a 10-minute window that I had to take screenshots of the hours because I couldn't keep up with checking my phone and taking notes in my notebook.

I became aware of my cell phone usage and a feeling of guilt arose when contemplating sharing the results

What happens when you use yourself as an instrument?

I became aware of unconscious actions and, at the same time, I questioned my actions before taking them. For instance, sometimes I would pick up my phone with a clear purpose (responding to a message) but then take advantage of the fact that I was already 'in' the phone to aimlessly browse through things like social media. This way, I could note down the main objective, considering the rest as an 'extra.' But I realized that this action stemmed from a judgmental attitude of trying to avoid noting that I was using the phone without any purpose.

Did anything change about your way of working?

I consider that it prompts a change in how I analyze myself in relation to work. To see from what perspective am I focusing on in my professional actions

What does it mean for your future work?

To realize from which perspective am I interested in working. What are my interests, and what kind of ritual can I create for day-to-day life

After seeing the videos of your design space collective, how does it change your understanding of it, present new opportunities or inspire new possibilities for collaboration?

It gives me a better understanding of my interests and areas of opportunity to develop an intervention.

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