“Do I Worship My BlackBerry?”

In this chapter, we’ll walk you through the second step in overcoming your BlackBerry addiction: admitting there are more important things in life than our BlackBerry.

There really are things more important than that little smartphone from Canada. Sometimes we just get caught up in our texting, emailing, BlackBerry Messenging, and checking facebook, so much that we lose sight of what is really important around us.

In this chapter we will look at the dangers of worshiping our BlackBerry and try to shift focus onto those things in our lives that are even more important than the BlackBerry.

The “BlackBerry Prayer”

Head bent down slightly, reverently, hands in lap, silently typing away. Quiet, focused, ignoring everything around us.
Step 2: Believe in things more important than our BlackBerry. While we may buy our BlackBerry gifts (think: BlackBerry cases, accessories, apps, games and themes) and sometimes engage in BlackBerry worship, we must connect with something, such as those around us or a “higher power” to help restore our sanity.

In other words, the second step in beginning to overcome our addiction is to begin to admit that there are things more important in life than our BlackBerry.

The second step in the path to recovery is usually acknowledged to be the realization that there is something that we define as our “higher power.” For many, it is a belief in God. For others, it transcends the traditional notion of a deity or is even more obtuse. For too many of us, this step on the journey requires us to take a leap of faith that we are unwilling to commit to.