In this chapter, we will walk you through Step 7 of overcoming your BlackBerry addiction: asking others for help in behaving more responsibly with your BlackBerry.

**Step 7: Ask for Help in Achieving Responsible BlackBerry Use**

We realize that we need help from those around us to become more responsible BlackBerry users. This might mean having others put our BlackBerry in safe place until we can learn to use it without hurting ourselves or others.

In the traditional Step 7 of the recovery process, recovering addicts humbly ask a higher power” to remove their shortcomings. That is a very important piece of the process for moving forward and restoring a healthy balance in our lives. We need to be able to “step away from the BlackBerry” for at least some period of time if we are to achieve that balance. Remember, the goal is to master the BlackBerry, not be a slave to it.
Who is the Master? You or Your BlackBerry?

One difficulty in stepping away from the BlackBerry is that these devices are extraordinarily multi-functional. We use them for one thing, the email indicator blinks or vibrates, and then we are right back to our addiction.

Two of the authors, Gary and Martin, are avid cyclists. Gary has the bad habit of using his BlackBerry as his primary MP3 player (in addition to all the other things he uses it for). So, how does this get him in trouble?

Gary will leave his house (in nice weather) early in the morning and start his beautiful, scenic ride towards the ocean. He has about 600 songs loaded on his memory card, and he has the playlist set to shuffle his favorite tunes. This is the true story of one morning ride that turned sour and reminded Gary that using a dedicated MP3 player might be the better way to exercise.

He leaves the house at 7:00 for a nice 30-mile ride. Five miles in, he stops at the beach to take in the sun and the sights. He makes his first mistake: he takes out the BlackBerry and starts to multitask. He notices the red light blinking and thinks: “It is an email from Martin; this could be important.” Well, it was important, so now he feels that he can’t wait until later to respond.

He takes a minute, now cooling down, to type a response. He hits send (the music is still going), and he gets back on the bike. 10 minutes later, the music stops and he hears Martin’s ring tone. “What’s the harm,” he thinks as he pulls out his BlackBerry and takes the call. He then tells Martin that he is on his bike and needs to pull over. They talk for a minute and then Gary gets back on the bike, but again he sees the red light blinking. Like the fool he sometimes is, Gary checks the email and thinks, “This message is from Kevin; this might be important, too.” You get the idea. Gary stops three more times on his 30-mile ride to answer phone calls and check email. The stress starts to build as he realizes that he now knows he has work waiting for him back at the house. “Next time” he resolves, “I will leave the BlackBerry and take the iPod. Or, I will turn off my wireless signal while I ride, accepting no emails, text messages or phone calls.”