

Purpose

Via Negativa:

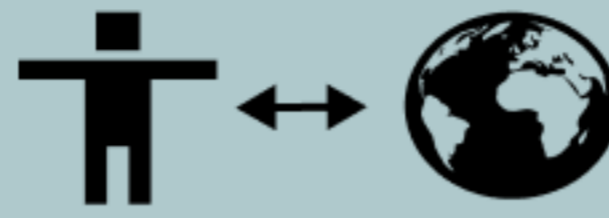
to refrain from the 'social commentary' and 'cultural critique'-style discourses surrounding tech

Via Positiva:

to preserve and foreground our sense of self in framing the relationship with digital technology

Approach

Applies perspectives from **phenomenology**—the study of experience—and **cognitive science** to re-interpret our relationship with digital technology using first-person experience



Self and world are co-constitutive



Digital worlds subjectivise us as particular digital selves



What does it feel like to be a digital self?

stretching the consumption metaphor

While we have phrases such as 'consume', 'binge', and even refer to our content as 'feed', how far can we stretch these metaphors before we need new ones?

Digital Hunger



How does it feel like to be digitally 'hungry'?



Digital Meals

What makes up the composition of our digital 'meals'?

Digital Satiety



When are we digitally 'full'? How do we know when to stop?

digital spaces as physical spaces: x feels like I am in _____



"a pretty beach where I'm enjoying myself until I feel people perceiving me in my bathing suit"

"a large white room where everyone is standing around but just talking to themselves"

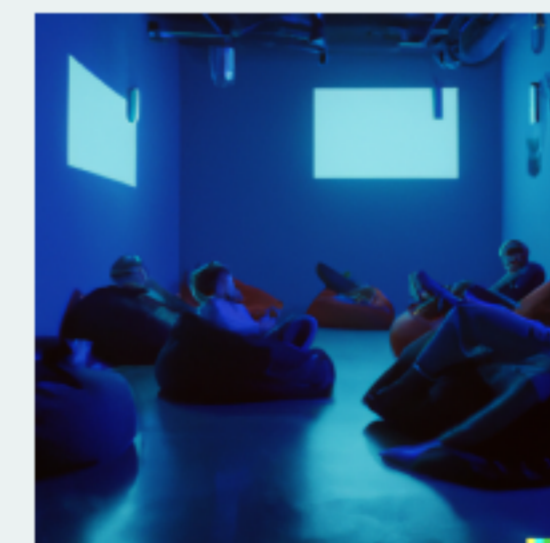


TikTok

"a busy cross walk where the lights are broken and I keep crossing back and fourth; feeling at any moment I might be hit by a car"



"a room full of bean bags with videos projected onto the walls; people around me dozing off"



For you: What does it feel like being-in the digital spaces you frequent everyday?

a collection of partial selves



"My Facebook self started as a 9/10-year old kid in primary school. Everyone added everyone, even though we didn't really know each other.

10 years later and I still feel somewhat accountable to this community: like who I am now still needs to make sense and fit the expectations of these people."



"My Instagram identity is tied to who I was in high school. It sounds funny but I had the perfected version of a high schooler's Instagram because of the group of friends I had at the time.

But now that I have different interests, I feel a dissonance if I want to post these new parts of my life on that account."

Who are your partial digital selves? For each of these selves: **what** different worlds do they inhabit; **when and where** in your past and/or present are they anchored to; **how** do they restrict or free your current self?

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How may we modify our relationship with digital technologies that not only preserves, but also cultivates the unique selves we are and want to be? In addition to the default mode of fast, addicting, and trance-inducing consumption, what other ways could we relate to the digital world? What could a 'slow' relationship entail? What would a 'pleasurable' mode, a 'local' mode, an 'intermittent' mode involve?

TECHNOLOGIES FOR THE SELF extends this self-oriented framework to answer these questions.

