Machinery, computers, robots, or simply technology have improved our way of living. It became our primary source of satisfaction when things aren't falling into place. Nevertheless, the most intriguing part about it is that we can't live without it.

Numerous quantities of research have proved the disadvantages of depending solely on technologies and devices. However, people are still relying on it. Devices change the way we act, talk, and live. Our identity became unreal when it comes to the modern world because we are pretending and are always following the trends on social media.

People believe so much in technology and expect less from each other. This signifies that because of the time we spend browsing through the internet, we forget to connect with people around us. We also get blinded by the fact that devices don't offer companionship. Another reason why people are addicted to technology is that they feel lonely. People assume that their thoughts are heard of and listened to by their devices.

A conversation is indeed a human basic necessity. It's human nature to build a relationship with others but it's different from the mere connection we are doing through the internet. We must allow ourselves to create a safe space for communication to which our emotions and thoughts are given attention to. We must likewise let ourselves free from the chain the technology has constructed into us.

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