

e-Thoughts — Phubbing?

April 2015 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

Have you ever been “phubbed” or told that you’re “phubbing” someone? I’ve just learned this new expression. What a perfect addition to our language.

Phubbing is “the act of snubbing someone in a social setting by looking at your phone instead of paying attention.”¹ It’s a combination of “phone” and “snub.” It speaks to the growing anti-social conduct caused by our device habits.

Do you phub?

Are you a phubber or phubbee? I guess I’ve been both. Truth be told, there are times I leave my phone on when I’m with a friend and keep checking it “just in case”. “Just in case” what? You might ask. I can’t even pinpoint it.

On the other hand, when I get phubbed, I can get quite angry. It’s especially annoying if I’m with someone I’d hoped to spend “quality time” with.

Can you remember when...

Our instant e-access has made communication addictive and compulsive. I can remember the days of no cell phones and no answering machines. Imagine: If someone had something really important to tell you, they’d have to call again! And, whatever it was, you wouldn’t know “in the moment.”

This isn’t to say that our e-devices aren’t wonderful. Thanks to them, we can go about our lives. We know that, if there’s a crisis or our wives, sisters or daughters go into labor, we’ll find out right away.

Keep track of your phubbing

When socializing, think about how often you check your texts, emails, Facebook, Twitter and other sites. It may be inconsiderate or even insulting to your companion.

The next time you’re out to dinner, at a party or other gathering, see if you can power down your cell. Instead power up your social skills. Connect with people — the old-fashioned way!

¹www.theguardian.com