you to either obsess about it all day long or to turn it off to preserve your sanity.

Don't get me wrong. I'm all for the zombification of the human kind. But it is kind of sad that conversations are rapidly becoming a thing of the past – at least those that involve face to face time. We have packaged the whole globe in an electronic device, and that definitely helps to keep in touch with the rest of the world. But unfortunately, we seem to be distancing ourselves from the inner world of loved ones.

Think about it. Do you seriously need to upload a photo of your dinner at that very moment instead of savouring the food and having an interesting conversation with the person sitting next to you? In our goal to maintain an 'image' on the social media, we seem to be ignoring actual human interactions. We seem to have forgotten that it's more important to care about our relationships in the actual world than maintaining the ones that we forge in the virtual one. We give more importance to digital communication than to real life interactions but to what purpose? Do you truly believe that your friends won't be able to live with the disappointment of not seeing your Facebook update for a couple of hours while you enjoy a movie with your family? Is it that important to reply to a comment on your profile picture when you are in the midst of a conversation with a friend? Do you really need to have your smartphone with you when you are in bed with your spouse?

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I'm not saying that you shouldn't own a smartphone or that you should trash it immediately in search for meaningful conversations. You can't place all the blame on an electronic device; you are a human being not a robot. All that you need to do to be human and yet own a smartphone is to stop being a slave to a device that honestly can't have any control over you until you absolutely want it to.

In order for you to have a healthy, non-clingy relationship with your smartphone, you first need to understand that it is a NON-LIVING THING. Don't give it more importance than actual human beings. No matter how tempting it might seem to pull out your phone during a lull in a conversation, DON'T do it! You wouldn't like it if someone worked on their phones while you were trying to talk to them. Give your friends and family members the respect of listening to what they have to say and speaking when you are spoken to and definitely, putting your phone away while you do so.

I find it extremely annoying when people prefer to text an invite to their wedding or wait for hours for a person to respond to their WhatsApp message instead of just calling the other person. You do realise that your smartphones come with a call button, don't you? It doesn't take much to just call someone you care about and chat with them from time to time instead of letting your fingers do all the talking. Instead of typing a 'HBD' (this is another pet peeve; how long does it take to type down the full words?) on your best friend's Facebook wall, you could just call them up. The smile in his/her voice will be well worth the money spent on phone bills.

You won't be caught staring at a screwdriver for hours at an end, will you? If a screwdriver is just a tool, then so is your phone. Use your smartphone when you actually want to talk, text or message someone. Use it when you want to use the internet or when you are alone and have absolutely nothing to do. Don't let yourself become a Gollum and your smartphone become Sauron's ring. Seriously, it's not that precious.