

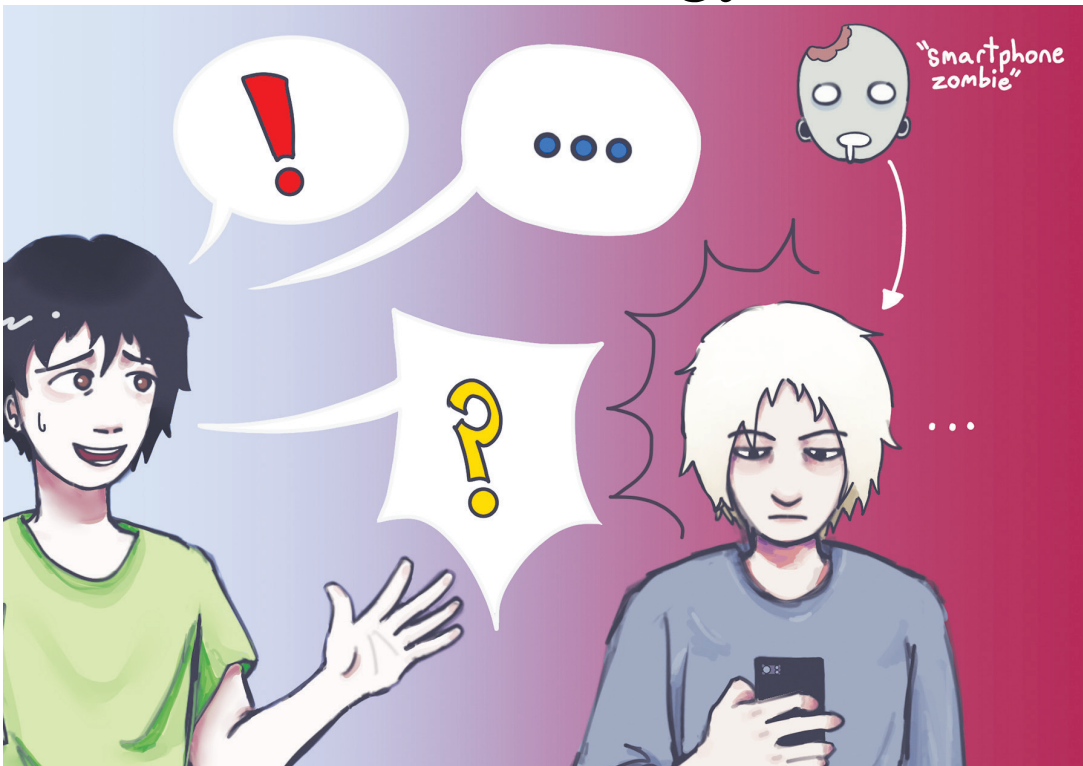
Lost Connection: Technology, Communication

Phones ruin our ability to talk face-to-face

Camila Pardo | Editor-in-Chief

Somewhere along the way, we’ve forgotten the art of conversation. I’m not talking about the mundane “How’s your day going?” or the “What are your plans for the weekend?” but the thought-provoking and substantive discussions that enrich human connection. We live in a world where communication has never been easier, yet somehow, we’ve never been more worse at it.

Technology, once hailed as a bridge between individuals, has instead rendered us complacent, detached, and socially inept. We take refuge behind our screens, substituting nuanced dialogue with abbreviated texts and emoticons, diluting the complexity of human expression and feeling. Despite unprecedented connectivity, individuals often experience heightened isolation, as digital interactions fail to provide equal emotional connection as in-person conversations. The argument that digital communication “connects us” couldn’t be further from the truth; it connects devices, not people. Genuine conversations require depth, nuance, and vulnerability, all sacrificed for



Vida Wolstencroft

As a civilization, people have become entrapped in their phones.

convenience and quick responses.

Even worse than artificially curating human expression, digital communication nurtures cowardice. Instead of addressing conflicts directly, people now ghost, block, or outright ignore the issue. Difficult conversations, once a fundamental part of human relationships, are now avoided entirely. Aversion not only worsens the situation

but also makes individuals weaker, less resilient, and incapable of handling the stresses and discomforts of the real world.

The decline of human interaction isn’t solely the fault of digital technology, but the growing, aching, and consuming fear of disagreement. People have become too emotionally fragile, causing them to interpret dif-

“We might wake up one day and realize a truly irreplaceable thing has fallen beneath our fingertips.”

fering opinions as personal attacks on their beliefs. Rather than engage in debate and thoughtfully question their perspectives, people resort to echo chambers where their views are endlessly reinforced.

The reliance on screens to hold and maintain conversations also fosters the likelihood of misinterpretation. The lack of facial expression, body language, and vocal inflections increases the possibility of misconstrued messages, resulting in unnecessary conflicts. Moreover, social media forces individuals to engage in its performative nature, by making people carefully curate and phrase their sentences to satisfy instead of meaningfully engaging in conversations.

The solution is beyond simplistic, yet it requires a conscious effort: TALK TO PEOPLE. Put your phone face-down on the table. Schedule weekly “no-screen” coffee dates. Practice open-ended questions such as “How did that make you feel” and simply tune into the thought-provoking responses. Call instead of texting. Sit down and have a face-to-face conversation. Listen without distraction. Disagree with respect. Be present. Because if we don’t start valuing conversation again, we might wake up one day and realize a truly irreplaceable thing has fallen beneath our fingertips.

Trump’s Childhood Deprivation, Search for More

Lack in fundamental development in the president’s psyche

Ben Aviles | Copy Editor

Donald Trump is the epitome of perpetual dissatisfaction. Son of a billionaire, handed a fortune, regarded as an incredible businessman, playboy and hyper-fixation of the American psyche, and the president of the United States, and it has never been enough for Donald Trump. Trump’s ineffable quest for more roots from a deeply traumatic childhood of emotional neglect, and in his search for the love he never had, he has epitomized the flaw in the American psyche that necessitates a pursuit of more.

Trump’s flamboyant behavior derives from a negligent childhood. Niece of Trump and accredited clinical psychologist, Mary Trump, described in her book, Too Much and Never Enough: How My Family Created the World’s Most Dangerous Man, “Having his father fail not only to meet his needs but to make him feel safe or loved, valued or mirrored, Donald suffered deprivations that would scar him for life.” Osteoporosis from hemorrhaging left his mother unable to care for Trump, leaving him “abandoned by his mother for at least a year.” Mary Trump explained, “Without warning, his needs weren’t being met, and his fears and longings went unsoothed.” She continued: “The same little boy who is desperately worried that he... is inadequate and that he will be destroyed for his inadequacy.”

In Abraham Maslow commonly cited and accepted, 1943 Maslow’s Hierarchy of Needs, he tiered needs in order of growth in the order of:

psychological needs, safety needs, love and belonging, esteem, and self-actualization. With Trump’s “fears and longings... [going] unsoothed” and missing a primary caretaker, some of his safety needs were unmet. His father’s absence alongside his father’s inability “to make him feel safe or loved” clearly indicate his love and belonging needs were not met. Stuck at the second and third levels, he never emotionally progressed to esteem and self-actualization. Developing from a deficit, Trump has constantly searched for safety, love, and belonging from the validation of those around him, which has led to rash and flamboyant behavior.

His appearance on The Apprentice, and subsequent ascent into the public eye led to a glamorous and stylish public persona of a powerful businessman and playboy. Describing The Apprentice, Karen Valby, a frequent contributor in Vanity Fair described the public’s view of Trump, “As an audience, we were seduced by his mean-spirited catchphrase and illusion of authority.” The catchphrase she speaks of, is his infamous “You’re fired!” line. Through this phrase and powerful position on the show, Trump searched for a sense of safety in having power over others through his “You’re fired!” line. He scoured for public approval through his attempted seduction of the public and “illusion of authority.” Still, wanting to complete a transcendence of idealization in the public eye, he entered the world of sex and romantics. In the March 1990, Trump was featured on the front cover of Playboy. Still, not enough within this field and pursuing further love and power, he had a extramarital affair with porn star Stormy Daniels.

In pursuit of the world’s most powerful job and a sense of flam-



Trump brings the American public in quest for emotional development.

Ben Aviles & Vida Wolstencroft

“Trump is a harbinger, an exhortation for our own lives”

boyant vindication, Trump ran for president. Following a denial from a second term in 2020, Trump claimed fraud. He did so to test if he was loved to his satisfaction. During his speech on Jan. 6, he stated “I want to thank you for the extraordinary love. That’s what it is. There’s never been a movement like this, ever, ever. For the extraordinary love for this amazing country, and this amazing movement, thank you,” while the crowd chanted “We love Trump.” He continued, stating “I could go on and on about this fraud that took place in every state, and all of these legislatures want this back. I don’t want to do it to you because I love you and it’s freezing out here. But I could just go on forever. I can tell you this,” the crowd behind chanted again: “We love you.” He pleads for love and belonging when he very publicly lost a competition for Love and Belonging. He thanks them for “extraordinary love,” stating that there has never been anything

like it “ever.” His claims of fraud represent a refutation of people’s disillusion. He speaks simultaneously about fraud and love because they are equal to him.

As we saw later on Jan. 6 people were willing to overthrow a government to display love for Trump. 1,575 people stormed the capital to fulfill Trump’s sense of love and belonging; it was not enough. He continued his false claims about the election, riled hatred in the coming years, and ran again for president in pursuit of more love.

It may never be enough for Trump. He represents a man searching for love and belonging but has never found sufficient amounts. Trump is a harbinger, an exhortation for our own lives: Find solace, find joy, and find sufficiency in what is there. If we do not find joy, solace, and sufficiency in our lives, we risk living like Trump, continuously pursuing what will never come.