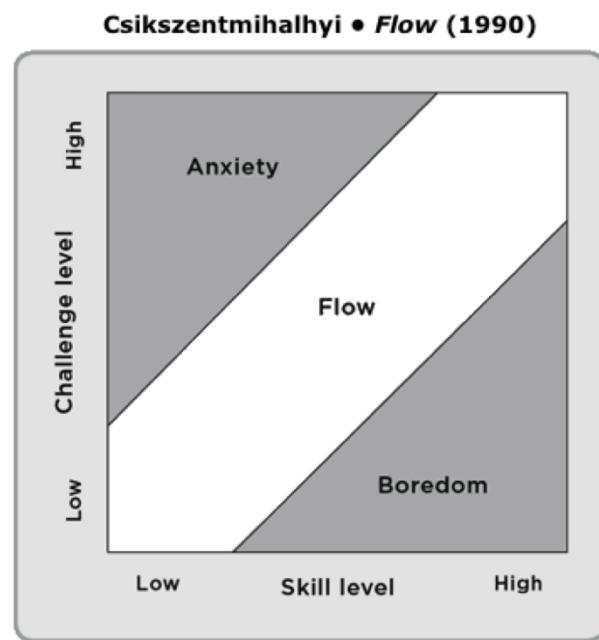


Discussion Questions for Chs. 4-9 of Alter's (2017) *Irresistible*

1. Do you ever wonder or question yourself that your goal(s) in using digital media are not helpful or getting you to where you need to be?

2. Mihalyi Csikszentmihalyi (1990) proposed that there is an optimal or best level for our mental functions: he called it “**Flow**.” As the diagram shows, **Flow** comes when the level of our own skills matches the level of the challenges we face. If the challenge is higher than our skill level, we feel anxiety. If the challenge is lower than our skill level, we may feel boredom.



- Are there particular apps or uses of digital technology where you usually experience a sense of “flow”?
- Are there any times when you are either anxious or bored using digital technology?
- Are there other, non-digital experiences you have in which you often find yourself experiencing “flow”?

3. The book’s title is “Irresistible” – as adjective which can be defined as the quality of something that is “so attractive or desirable that it is impossible to refuse or say no to.”

- Do you think the adjective “irresistible” accurately describes your relationship with digital media most of the time, some of the time, or not really?