

Without Internet

A man who lived 100 days without the internet.

When Alex, a 35-year-old graphic designer from Berlin, decided to live 100 days without the internet, his friends thought he was crazy. In his job, everything depended on being online, emails, cloud files, video calls and social media.

He checked his phone every few minutes and felt uncomfortable if he was offline even for a short time. One evening, after realizing he had spent four hours scrolling without remembering what he had seen, he decided it was time for a change.

He wanted to find out what life would be like without constant connection. The first week was the hardest. Alex described it as going cold turkey. He often reached for his phone without thinking. When he heard the sound of a message from someone nearby, he felt nervous as if he was missing something important.

He worried about work, about news and about being forgotten. He said it felt like the world was moving fast while he was standing still. To prepare, Alex printed important documents, told his colleagues he would be offline and gave close friends his phone number for emergencies only.

He used a basic phone without internet, just for calls and texts. At first, he felt bored and restless. In the evenings, he did not know what to do with himself. He realized how much time he usually killed online.

Slowly, things began to change. After about two weeks, Alex noticed that his mind felt quieter. He slept better because he no longer checked messages late at night. He started reading books again, something he had not done for years.

He went for long walks without headphones and paid attention to the city around him. He said he felt more present, more in the moment. At work, life became more complicated but also more focused.

Without constant emails and online chats, Alex had to plan his tasks carefully. He visited colleagues in person instead of sending quick messages. Conversations became longer and more meaningful. Problems were solved face to face, not in short cold emails.

He said communication was slower but clearer. Social life also changed. Some friends stopped contacting him because it was too much work to call or meet. This was a wake-up call. Alex realized how many relationships existed only through likes and short messages.

However, the friends who stayed became closer. They met for coffee, talked for hours and shared real experiences. Quality replaced quantity. Of course, life without the internet was not always easy. Alex sometimes felt out of the loop.

He missed invitations, news and funny videos everyone was talking about. He had to ask people for information that he normally would have found in seconds. It taught him patience and the art of waiting.

After 100 days, Alex went back online but he was not the same person. He no longer felt the need to check his phone every few minutes. He turned off most notifications and decided to use social media only once a day.

He kept one evening a week completely offline. He said the experiment showed him that the internet is a useful tool but a dangerous master. Alex's story is an extreme example but it reflects a problem many people face.

We are always connected but often distracted. We communicate all the time but do not always feel understood. Living without the internet for 100 days helped Alex find balance, slow down and reconnect with real life.

As he said in an interview, the internet is like fire. It can warm your house but if you don't control it –it can burn everything.