

《没带手机就恐慌？热门短片《我忘带手机了》》

We're all just alone with our smartphones, even when we're surrounded by other humans.

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The extent of our obsession with capturing every moment instead of merely just experiencing them is highlighted in the viral short film, I Forgot My Phone. It's now at nearly 20 million views and if you haven't seen it, you must have gone without your phone too long.

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Charlene deGuzman — who wrote and stars in the film — shows scenes that can hit too close to home, saying something about how we often use technology at the expense of forging real, human connections.

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