

ways to feel sentimental w your phone

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1. Try and remember how someone said something exactly and type it into your messages search.
Keep getting the words right until its the only one that returns
2. Search your messages for variations of 'love you'
3. Search for photos month by month through the year. Notice who is there for all
4. Look at the first pics you sent to your close friends
5. Send photos of your night with your friend to that friend the next day, titled "archives from last night."
6. Find an image in your photos that looks cropped. Try to find its iterations, prior or subsequent.
7. View the photos exchanged in your messages. Try to recall who sent what image amongst scrolling grid.
8. Label your alarms as you add them for specific occasions; look back at them to remember the different things you woke up for.
9. Add an anniversary event to your calendar for a random but special day to be reminded of it a year later when you nearly thought you forgot.
10. Lose your phone and find it again.
11. Go onto the App Store, go to your account, open Purchased, and look at Apps "Not on this iPhone." Try to remember which phone you purchased them for, when, and why.
12. Look at your health app and check how much you walked this day last year.
13. When you get a new phone, leave some time between when you make a backup and when you restore it - let whatever it is you do in that time go unrecorded
14. Send photos of people you don't talk to anymore to the people you don't talk to anymore
15. Send photos of people who you don't talk to anymore to the people that you do talk to now
16. Listen to a voicemail from a far away friend on a plane
17. Screenshot something you want to say but won't send

18. Play movies from your photos on silent
19. Alarms as Emoji spells to help you rise.
20. Reorganize the order of your applications on your home screen to get a little lost the next time you use your phone
21. Send yourself a text msg (reminders, words of encouragement, etc)
22. Delete applications you don't use anymore and say goodbye to them
23. Make a list of the friends you've shared your location with and send them words of affirmation
24. Find an old playlist and try to remember what was happening the first time you heard one of the songs.
25. Spend some time looking at the places your photos have been taken, take a screenshot and join the dots
26. Listen to your voice memos / sound recordings
27. Look at the cracks & dents & try to remember where & when they happened
28. Look at old photos and think positively about how far you have come
29. Download a text history, email it to yourself (or someone else) and delete the chat history on your phone to start fresh with someone, save the file somewhere safe on your computer in case you want to look at it later
30. typing a message only using auto-correct
31. Ask someone you like and trust to add one another on Find My Friends (or similar) for a day
32. Reorganize the apps on your phone to the colors of the rainbow and see if it sparks joy that you're not organizing your phone based on some efficient categorization like utility or most used
33. Tuck your phone into bed at night somewhere far from your bed, so that when you do sleep together
34. If you can view all your photos on a map, look at all the photos you took of the sky in places you've never seen the ground

35. Look at your “Recently Deleted” folder in your photos and try to remember why you decided you didn’t need them anymore. See if there are any you want to salvage before they disappear forever.
36. Share your “hidden photos” folder with someone
37. Choose a picture of someone you might feel angry, upset, or just generally don’t talk to mostly, full screen it, and hold your phone close to your chest.
38. Go into your photos and click “Search” and search what you last ate to see when you photographed that food at other times.
39. Set your phone to do not disturb for a random amount of time.
40. Open photobooth on your computer and see what’s there. See if you can remember when these were taken/who with(do you still talk to them?)/where you were emotionally/physically
41. Use an app like ‘Tide’ to remind you to take breaks from your phone, when you come back to it notice how you feel.
42. Go through the “shared media and files” folder with someone you care about very much. Scroll back as far as you can. Screenshot 3 items that jump out at you - send them to the person as a reminder of those times.
43. Save a voicemail from a friend or family member on another device or store it somewhere in email, a drive or cloud drive.