<u>Dopamine, An Internal Monologue</u>

8:00am, my cell phone alarm chimes.

8:05am my Alexa alarm chimes.

8:10am my cell phone alarm chimes again.

8:15am my Smart Sleep Sunlight simulation alarm clock finally wakes me up.

I roll over and grab my cell phone off the night table. I begin to check for text messages, none. Not even a text from my boyfriend? What's that all about? I go to my email app, 57 new messages. I scroll through, all spam for retailers. I select all and delete. I jump into Instagram. No new posts for anyone since I last checked at 11:45pm last night.

I tap the heart on a few anyway. I click on the stories. I flip through a few after watching for barely a second. I jump to Facebook. Again, no new posts from anyone. No comments, no likes on any of my recent posts. I jump to google. I search for a funny cat meme. I find the lazy cat sleeping holding a coffee mug. I think to myself, yeah, let me post this one. It's Tuesday, everyone hates Tuesday anyway. It's bound to get some likes. I post it, hashtag, Tuesdays, hashtag, workworkwork, hashtag needmoresleep, hashtag atleastitsnotmonday? I jump over to Snapchat, there is never anything interesting on Snapchat, and I close it almost immediately. I open Twitter, man I hate Twitter. I can never find anything on there I want to see.

8:17am, Bing, oh a like on my post.

8:20am, Bing, oh another like.

8:22am, Bing, Bing, Bing, oh wow people are really liking my post.

8:25am, I have to get in the shower. I ask Alexa to play my morning wake up playlist.

8:30am, I get in the shower. I think to myself; I wish my phone was waterproof.

8:35am, oh awesome ten more likes on my post.

8:40am, I go to my closet and try to find an outfit to wear. Should I wear those cute leggings with the fake leather? But what top? Maybe I should ask Siri? Nah, doesn't Amazon have that style AR/VR thing? Maybe I should try that.

8:42am, I grab my phone and stand in front of my best mirror, which is of course the bathroom mirror. I swipe through options on Amazon until I find something that closely matches things I own. I find a top that I have that works.

8:45am, I open the Starbucks App on my phone to order my Venti Caramel Macchiato with extra whip cream.

8:47am, Bing, Bing, Bing, this is great, people are loving this meme.

8:48am I open the car app on my phone to auto-start my car. Need those heated seats!

8:53am, I grab my keys and purse and head to my car.

8:55am, I get in the car and tune to Hits 1 on SiriusXM.

8:57am, Bing.

8:59am, Bing.

9:02am, Bing.

9:08am, Bing.

9:10am, oh man I am so late, maybe I should text Karen to cover for me?

9:12am, I pull into Starbucks parking lot.

9:13am, Bing.

9:15am, I grab my Venti Caramel Macchiato from the pick-up area and wave to the cute barista.

9:18am, Bing.

9:20am, Sitting in traffic as usual. Should I text Karen? Maybe I should text Karen…

9:21am, This traffic is the worst, let me check Facebook to see who liked or commented on my cat meme.

9:23am, Who's that honking at me? Oh, it's a green, my bad.

9:27am, Another red light…Let me text Karen. Oh, Jonny liked the cat meme. He said it was PURRRDDY FUNNY. LOL. Let me comment back. Red Heart Emoji, Thumbs Up Emoji, Winky Face Emoji, Red Heart Emoji.

9:29am, OH MY GOD! AHHH.

9:30am…