What is your favourite possession? Why? How do you feel connected to it?

My mobile phone and hard drive contain so much virtualized information, such as music, photo gallery and contacts. I'm pretty aware whatever I want to store on what platform and wouldn't pay for cloud functions, because everything is on my hard drive.

Over the past years, I've stored many audio files on my phone. It is a virtual collection that is still maintained and perfected. It's where I can see my changes in music taste.

I don't really mind losing social media, because all that content is stored locally on my hard drive and I'm not really interested in sharing public content intensely. What was told about having virtual avatars: I'm mostly logged in with Facebook and Google, so losing those account means I'll lose access to other websites. Which would be more scary when you think about it.

What are the consequences of this theory for the use of media, such as a conversational agent? Why?

If only a media is able to add real value to a new or existing customers need, then it will eventually be used. It also depends on how many end-users the media has. It can create a bigger platform for people to share their content or refine their user experience. To become more attached to such platforms, it needs to be a little addictive in order to persuade the user that he/she really needs the platform.

What would be the consequences of the conversational agent? **Dematerialization** - All information and personal schema's will be digitized

Reembodiment - We create an avatar for the users when they install the app. They can personalize the agent by providing more information about themselves. I don't think we are capable to let the agent detect real emotions and to respond on this, so that makes feeling connection between the user and agent harder, but not impossible.

Sharing - We don't share the patient information in public, but only to the doctor and family/friends. Which can still be less private comparing to not using the app.

Co-construction of self - The agent needs to motivate patients.

Distributed memory - The agent documents your progress and gives advice whenever needed.

When the media has become a platform that can add real value to [subject], then it has potential to become part of the extended self.