

JORDAN PETERSON - USE SOCIAL MEDIA CAREFULLY! IT CAN RUIN YOUR LIFE

*We
develop a passion
for Teaching!*



INFINITY TOP PODCASTS

When I was a teenager I mean I I did
god
if I had to write a book about stupid
things I did when I was a teenager it'd
be a very thick book and it'd be a
worse
book if there were photographs
accompanying it and you know but
but I
had this advantage that young people
today don't have which was well
when my
day of stupidity was over I could go
home and it was not there you know
like
it wasn't on Twitter it wasn't on
Facebook there wasn't 20 of my
friends
communicating to me about you
know what

foolish thing I did at the party the
night before and and young people
now
they're just followed by paparazzi
essentially constantly and I've
watched
that with the young teenage daughters
of
many of my friends because my kids
were
a little too old for that actually have
happened to them but god it's
miserable
and we know that there is some
relationship between the amount of
time
people use Facebook for example and
their mental health which meet the
more
they use Facebook the more
depressed
they are and it might be that the
depression is driving the Facebook
use

but the causal pathway seems to be
the
other way around which is you know
it's
just playing that unbelievably
exposed
social game that's hard on people and
these aren't trivial technologies you
know I mean their shape they're
they're
transforming the way we
communicate with
one another and that's and they're
they're completely uncontrolled
experiments we have no idea what
the
medium or long term consequences
are
going to be and we'll never find out
either because of course the
communication landscape changes so
quickly that by the time you get
adapted
to one communication technology

another
one has come along that's even more
confusing that you now have to
master
and so well that's why it's necessary
for everyone to develop their own
modicum of wisdom I believe
because I
don't know how else we're going to
be
able to deal with this technological
transformation that's going to come a
car is already come
across us like a tidal wave and you
know
you ain't seen nothing yet
the people in Silicon Valley have
plans
that well that make you think that the
whole place should probably be
bombed
just for the safety of the rest of us
you know because there's there's
tremendous danger in that rapid

acceleration of machine intelligence
and
and we have no we have absolutely
no
idea where that's headed so and
maybe
it'll be great
it's it's possible that they'll be great
but power cuts both ways so you
know you
always want to look at what the
consequence of a technological
transformation is and this is a big
transformation you know there used
to be
flagship media sources that were
basically attempting to give a
balanced
picture and I think they did a pretty
good job 30 years ago Time
magazine even
the mainstream news programs they
had a
professionalism that was associated

with
their journalism that had some degree
of
objectivity and that's fragmented and
and it's fragmenting because there's
all
these media sources like innumerable
media sources and so it's it's driving
people who are trying to get attention
to desperation and they exaggerate
the
polarity and so that puts everyone on
edge and Twitter puts people on edge
like and this is part of the reason I'd
thought about I'm still thinking about
what to do with Twitter maybe I
should
not use it for a month because Twitter
I
think my experience with Twitter is
that
I'm wandering around in the world
and
everything's fine the streets are

peaceful the people I meet every the
people I meet are doing well that your
cities I've been to I don't know how
many American cities in the last four
months like 40 or 50 they look great
you

know I mean the everywhere I go
there's
construction and and that the country
feels like it's moving so I got tangled
up so badly and scandal two years
ago

that I've been on top of especially
social media like an obsessed addict
for
two years trying to manage it you
know

but it's not clear to me that that's
been a good thing but I don't think
Twitter is a good thing for my sanity
twitter is so contentious it's so I mean
if you want a daily dose of hate you
can

get it in 10 minutes on Twitter you

know
if I post something you know there's
there's
there's a number of comments about
whatever I posted and one out of four
of
them is brutally rude and obnoxious
as
nasty as it can possibly be and that's
very very common and like you know
people are quite sensitive to negative
information we're more sensitive to
negative information than we are at a
positive information and so and I'm
not
complaining I don't have to use
Twitter
it's a completely voluntary choice and
I'm certainly a massive beneficiary of
the existence of social media so I'm
not
complaining about it I don't have a
right to complain about but it exists in
absolute contrast to my experiences

in
the world like it's not like I'm walking
down the street and one person out of
four jumps out of an alley and like
curses me but I've had thousands of
interactions with individual people on
the street let's say in airports and so
forth in the last six months and every
single one of them has been
overwhelmingly positive and so that's
reality then I go into Twitter and it's
like oh my god it's just brutal and
when
I was when I was still working as a
professor you know I get my my
feedback
from my students and my feedback is
being generally extraordinarily
positive
so maybe there'll be 50 comments
from
students all three of them will be
negative something like that or two
and

and often quite nasty the negative
ones
and I you remember the negative
ones and
that is what people are like we're
much
more sensitive to negative and that
the
reason for that is negative things can
kill you positive things can make you
a
little happier it is literally the case
that although it's been a little better
over the last three or four months for
about 18 months in a row I was at the
center of a scandal that could have
taken me out at least twice a week so
constant non-stop scandal of one
form or
another and so that took a lot of
juggling and management to see what
was
going on and I was paying attention
to

social media and trying to figure out
how to respond in the press and on
YouTube and and on my blog and all
of

these sorts of things trying to learn
how to do that and so it's been an
obsessive learning experience let's
say

I YouTube has served me very very
well

my blog works out very well for me
the

podcast I have a podcast it's very
popular

worked out really well Facebook I
don't

pay much attention to Facebook
although

I post on it Twitter that's that's
something else

Twitter is this you don't know what to
do with Twitter you know there's a
part

of me that there's people I keep up

with
on Twitter the people I follow some
of
these IDW types so to speak you
know I
see what Shapiro is posting I see what
brett weinstein is posting and sam
harris and I kind of keep in the loop
that way and I feel a moral obligation
to be to keep up and I have nine
hundred
thousand followers and I feel an
obligation to them too but there's this
also this addictive curiosity you know
that that that what's happening what's
happening what's happening what's
happening and I tried to pull myself
away from that on the TV news
because
it's the same thing except in much
less
concentrated form and it was good
for me
and I do think if it's only important

today it's not important right if it's
news it doesn't matter if you don't
know

about it for a week it's both still news
but I still haven't figured out how to
completely deal with all this social
reach I have at my fingertips I don't
know exactly how to manage it I have
pulled back from Twitter almost
entirely

in the last four months and I can't say
that that's done me any psychological
harm

I've quit reading the comments they
know

the comments and Twitter are really
kind

of there there's such an odd way of
communicating because let's say you
tweet something out and it goes out to
all who knows I think I have a
million

Twitter followers it's something like
that and I don't know how many of

them
read what I tweet but let's say ten
thousand or something
it's just a guess who who comments
it's
not like it's a random sample you
know
like if I just pointed to 50 people in
the audience randomly and asked for
an
opinion about something I'd kind of
get
a good sample of what the audience
thought but if I said okay who had an
absolutely dreadful morning and this
just as [____] as can possibly be
imagined okay so what all you people
stand up okay and then I'll ask the
most
miserable of you for your opinion
that's
kind of what Twitter's like
[Laughter]
you know so it's it's a form of pseudo

information it's like you're
communicating with people and and
you
respond to it like you're
communicating
with people because well you're
accustomed to communicating with
people
and so that's how you respond but
you
don't know what the hell's going on
with
the person who's commenting you
don't
know if they are even real if they're
hiding behind some false pseudonym
or if
they're trolling or or like I said if
they just had an absolutely miserable
day and need to you know throw a
dart at
someone to alleviate some of their
stress so and that's a problem with
social media in general all these new

communication technologies that
we've
evolved we we really have no idea
what
they're doing to us