

Instagram Reel Transcription

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man: In Instagram, there's an option called auto scroll.

man: It'll just keep scrolling automatically. You don't even need to use your hand.

woman: Really?

man: Automatically it will keep scrolling.

man: So, for platforms to be more addictive, they spend time and prepare people.

man: Unprepared people.

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man: So, the thing is, you need to know exactly why you're opening your phone before you open it.

man: If not, you'll just get lost in a sea of content.

man: You don't know where you're going to go or what you're going to end up doing.

man: The attention span is like 20 seconds or less.

man: Is that true?

man: A goldfish's attention span is about 5 to 10 seconds. That's what people can focus on now, almost.