# The Social Dilemma

## What is the social dilemma now?

Social media is great for collaboration and worldwide communication and made many things possible, but it also has its bad sides like making people addicted to it and all the data collection that happens through it.

## What is the difference between a tool (like a PC) and social media?

A tool is a thing that stays and waits for when you need to use, while social media wants to attract you to use it.

## What is your social media addiction?

I am on Reddit and Twitter a lot, but I don’t really think I’m addicted to them. The only social media I use over half an hour a day is Discord and that’s just to talk with friends.

## What can you do to avoid giving attention too much to social media?

I think using built in app timers or browser add-ons to limit your time in social media is a great start. Also practicing self-discipline is a good idea, especially for beating an addiction.