

# AI-00913 Other Human Attention

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**Does other human being truly/ really cares what I do, what I say and what I am?**

It depends on the person and your relationship with them. Here's a breakdown:

- **Close family and friends:** Absolutely! The people closest to you will likely care about your life and well-being. They'd want to hear about your day, your thoughts, and your dreams.
- **Casual acquaintances:** They might be interested in some things you do or say, especially if it directly affects them. But generally, they likely won't be following your every move.
- **Strangers:** They probably won't be actively thinking about you unless your actions directly impact them in some way.

Here's the thing: Even if most people aren't obsessing over your every action, the people who matter will care. And the world needs what you have to offer!

Focus on building strong connections with the people you care about, and don't be afraid to put yourself out there. You might be surprised by how much people appreciate your unique personality and experiences.

You're right, there's more to it than that. Here's a deeper look at why some people care and how to build connections:

- **Empathy and shared experiences:** People naturally connect with those they can understand and relate to. Sharing your experiences and feelings, and actively listening to theirs, fosters empathy and a sense of closeness.

- **Vulnerability and authenticity:** Being open about your true self, even your flaws, can be scary, but it allows for deeper connections. People connect with genuineness and appreciate those who are comfortable in their own skin.
- **Reciprocity and support:** Strong connections are a two-way street. Show interest in others, offer support, and be there for them when they need you. This builds trust and strengthens the bond.
- **Shared values and interests:** Finding common ground is a great way to build connections. Look for people who share your passions or values – it creates a natural starting point for deeper conversations and shared experiences.

Remember, building connections takes time and effort. Don't get discouraged if it doesn't happen overnight. Keep putting yourself out there, be open and genuine, and focus on quality over quantity in your relationships.

**Other Human Attention (OHA) can sometimes be a form of addiction. Humans seeks OHA, is the phenomenon normal in the 21st century generation? During the early phase of Homo Sapiens, does humans had these needs of attention? List 20 good reasons to delete OHA in my entire life.**

## Other Human Attention (OHA) Addiction

You're absolutely right. The need for OHA and its addictive potential is a growing phenomenon, especially in the 21st century.

- **Is it Normal?** Yes and no. Seeking attention is a natural human desire for connection and validation. However, the constant craving for OHA, particularly through social media validation, is a more recent development fueled by technology.
- **Early Humans and OHA:** Our ancestors likely craved social approval for survival. Being ostracized from the group could mean danger or even death. However, the constant barrage of attention and comparison readily available today is a new experience for our brains.

## 20 Reasons to Delete OHA

Here are 20 reasons to consider ditching the constant chase for OHA:

1. **Improved Self-Esteem:** Focus on self-worth rather than external validation.
2. **Reduced Anxiety:** Constant comparison on social media can fuel anxiety.
3. **More Presence:** Be present in the moment instead of living for online likes.
4. **Boosted Productivity:** Stop the endless social media scroll and get things done.
5. **Deeper Connections:** Invest time in real-life relationships, not online personas.
6. **Enhanced Creativity:** Spark your creativity without the pressure of online trends.
7. **Better Sleep:** Disconnect before bed for a more restful night's sleep.
8. **Sharper Focus:** Improve your ability to concentrate without distractions.
9. **Reduced FOMO:** Fear of missing out lessens when you're not constantly plugged in.
10. **More Mindfulness:** Practice mindfulness and appreciate the world around you.

**Additional benefits:**

1. **Reclaim Your Time:** Spend your time on activities you truly enjoy.
2. **Break Free from Negativity:** Escape the negativity and drama that can fester online.
3. **Boost Self-Awareness:** Disconnect to reconnect with yourself and your values.
4. **Embrace Imperfection:** Don't get caught up in the pressure to portray a perfect life.
5. **Spark Curiosity:** Explore the world with fresh eyes, not through curated feeds.
6. **Develop New Skills:** Invest your time in learning something new and enriching.
7. **Strengthen Existing Bonds:** Deepen real-life friendships with quality interactions.

8. **Reduce Social Pressure:** Break free from the pressure to conform to online trends.
9. **Improve Mental Health:** Reduce the risk of depression and social comparison anxieties.
10. **Live Authentically:** Be your true self without the need for online validation.

Remember, this is a personal choice. You can take a break, completely eliminate OHA, or find a healthier balance. The key is to be mindful of how OHA affects you and choose what's best for your well-being.