

people pleaser interview

the concept of this platform is to shed light on how social media has greatly affected our lives from a pessimistic/satirical perspective. themes like narcissism, shallowness, fame over connection, distorted version.. all that good stuff.

so it's important to speak your truth, and be authentic + honest as possible. answer with sufficiency and thoroughly.

thank you for participating, i appreciate the input.

1. how do you feel social media and the internet distort your reality?

It's come to the point where even if I've known someone for 5 years, I'm starting to think the persona they've created on their social media is who they are now.

2. what makes social media dangerous to mental health?

It's so easy to constantly see bodies that aren't real and assume that that's what normal bodies look like. Recently I started editing what I look like in photos so that it fits this mold and when I compare the before and after photos, I get mad at myself for looking the way I do in the original photo. When I look at the mirror after, I don't think it's me looking back.

3. what drives you to engage/post on social media?

Most of the time I post something, it's just so people I'm interested in can know what I'm up to. The posts are not necessarily always an invitation to talk and just seeing that they watched my stories and are now updated on my life gives me a satisfactory feeling. I don't really care for any of my other followers when I do that. However, sometimes I'll genuinely want my family that lives far away to know what I'm up to, so I'll post an update. I don't post for close friends because I'm probably texting them privately about what I'm up to.

4. what social constructs have social media have created for the worst?

The way we communicate has definitely taken a negative turn. There are so many new rules that we have to constantly be up to date on and it's so easy to screw things up over a web/mobile interface.

5. how much do you spend online?

I think I'm glued to my screen at least 70% of the time I'm not commuting or asleep. I'm a chronic notification checker as well.

follow up: do you think it's a healthy amount?

Absolutely not.