**The Social Media Problem**

The problem nowadays isn’t that we have access to too much information and thus we know too much, it’s the notion that we *think* we know too much, leading us toward a false sense of reality. A blanket statement, I know, but there does seem to be a widening gap between what we think is true and what is actually true. I have no empirical evidence to back that claim, just a gut feeling, but it keeps manifesting itself in various ways and I always forget to write them down. With social media, we tend to think we are in the spotlight way too often, always highlighting the best points of our day and spewing out bits of knowledge that you come to think is your own. We think people are always listening, always watching when in reality it seems to be the opposite. With a generation of folks so worried about what other people think about them that what you end up with is a bunch of people thinking about what other people think about them, leading to *no one* caring about them. Which leads to the age-old question: if you never posted it, did it ever happen?

A friend of mine spend the latter part of this year fasting Instagram and came back recently with a bit of wisdom and posted their revelations on Facebook. They began to realize how much time we spend on social media and realized how meaningless and pointless all of it is. The small kick we feel when we post something that gets a lot of attention on social media is a dopamine hit, but like crack it requires more and more the next time to receive the same feeling. It’s a drug, plain and simple. Anyway, the point being I agreed with what they said in large part and thought it was enlightening and all that except the fact that it was posted on Facebook It got a lot of traction and received a lot of compliments and praise (deservedly) but why do you have to post that on Facebook, another social media outlet, to the public, to receive the same kick as posting on Instagram? I mean, I feel like I’m taking crazy pills, doesn’t that defeat the whole purpose of the post in the first place?

Instagram is interesting because the entire platform/model is based on posting more images of yourself, basically making it “okay” to post self-flattering photos of yourself without having the backlash, say if you were to post it on Facebook. And, given the massive shift of people moving off of Facebook onto Instagram, it seems as though we haven’t even reached the peak of this self-gratifying culture. It seems as though the negative effects of being on Instagram too long are becoming more and more obvious. It has some serious effects on our psyche, making us compare our lives with thousands of strangers who are probably doing the same in their own. We convince ourselves that posting a daring photo on Instagram will in fact empower us, and hopefully a few others, to be unashamed of their bodies and to be proud of how they look. Quite often, it’s the opposite, because what we think other people think about tends to be rooted in how we judge others. Or maybe, I should just keep my mouth shut and mind my own damn business lol.

*When no one ain't around  
I think I think too much  
Ain't nobody watchin'  
I just fade away*

- Kanye West