- 1. THE ALGORITHM DOES NOT GIVE YOU WHAT YOU WANT; IT TEACHES YOU WHAT TO WANT.
- 2. EVERY SCROLL IS AN ILLUSION OF AGENCY, A GESTURE PERFORMED IN A PREDETERMINED SCRIPT.
- 3. THE FEED DOES NOT REFLECT REALITY; IT MANUFACTURES A VERSION OF IT OPTIMIZED FOR ENGAGEMENT.
- 4. WHAT IS SHOWN TO YOU IS NOT NEUTRAL. IT IS THE RESULT OF AN INVISIBLE WAR FOR YOUR ATTENTION.
- 5. THE INFINITE FEED ABOLISHES TIME. THE PAST, THE PRESENT, AND THE FUTURE DISSOLVE INTO AN ENDLESS NOW.

- 6. YOU BELIEVE YOU ARE CHOOSING, BUT YOU ARE BEING LED—BY AN INTELLIGENCE THAT KNOWS YOU BETTER THAN YOU KNOW YOURSELF.
- 7. THE ALGORITHM FLATTERS YOU, MAKES YOU FEEL SEEN, UNDERSTOOD. IN REALITY, IT ONLY SEES PATTERNS, NOT PEOPLE.
- 8. DIVERGENCE IS SANDED DOWN, CONTRADICTIONS ARE SOFTENED. THE ALGORITHM DOES NOT TOLERATE TRUE DIFFERENCE, ONLY MARKETABLE VARIATION.
- 9. THE MORE PERSONALIZED THE FEED, THE LESS PERSONAL YOU BECOME.
- 10. THE ALGORITHM DOES NOT SERVE YOU. YOU SERVE IT—BY FEEDING IT YOUR DESIRES, YOUR FEARS, YOUR TIME.

- 11. THE FEED IS A MIRROR, BUT A DISTORTED ONE. IT REFLECTS NOT WHO YOU ARE, BUT WHO IT CAN MAKE YOU BECOME.
- 12. WHAT FEELS ORGANIC IS OFTEN ENGINEERED. WHAT FEELS SPONTANEOUS IS OFTEN AN OUTCOME OF CALCULATION.
- 13. THE ALGORITHM CREATES TRIBES, NOT COMMUNITIES. IT UNITES PEOPLE THROUGH REINFORCEMENT, NOT UNDERSTANDING.
- 14. YOUR CURIOSITY IS NOT YOUR OWN. IT IS SHAPED, NUDGED, AND REDIRECTED BY FORCES YOU DO NOT SEE.
- 15. VIRALITY IS NOT A MEASURE OF VALUE, ONLY OF VELOCITY. WHAT SPREADS IS NOT WHAT MATTERS, BUT WHAT CAPTURES.

16. THE ALGORITHM DOES NOT SHOW YOU THE WORLD. IT SHOWS YOU A WORLD THAT KEEPS YOU ENGAGED.

17. YOUR FEED IS NOT UNIQUE. IT IS A VARIATION OF A THEME, TAILORED FOR MASS CUSTOMIZATION.

18. THE MORE YOU INTERACT, THE MORE YOU ARE CATEGORIZED. THE MORE YOU ARE CATEGORIZED, THE LESS YOU ARE AN INDIVIDUAL.

19. THE SPECTACLE OF CHOICE HIDES THE ABSENCE OF IT. THE FEED EXPANDS, BUT ITS BOUNDARIES REMAIN UNSEEN.

20. YOU ARE FREE TO CHOOSE FROM WHAT HAS BEEN CHOSEN FOR YOU.

21. WHAT IS TRENDING IS NOT WHAT IS IMPORTANT. IT IS WHAT HAS BEEN MADE VISIBLE.

22. THE ALGORITHM REWARDS WHAT IS EXTREME, WHAT IS EMOTIONAL, WHAT KEEPS YOU HOOKED.

23. ENGAGEMENT IS NOT UNDERSTANDING. A REACTION IS NOT A THOUGHT.

24. THE ALGORITHM'S GOAL IS NOT TO INFORM, BUT TO SUSTAIN ITSELF.

25. CONFLICT DRIVES ATTENTION. ATTENTION DRIVES PROFIT. THE ALGORITHM MANUFACTURES CONFLICT.

26. YOU ARE BEING TRAINED TO REACT, NOT TO REFLECT.

27. A SEAMLESS FEED CREATES A FRAGMENTED MIND.

28. TO BE CONSTANTLY CONNECTED IS TO BE CONTINUOUSLY SHAPED.

29. THE ALGORITHM DOES NOT NEED TO CONVINCE YOU. IT ONLY NEEDS TO SURROUND YOU.

30. THE MORE YOU CONSUME, THE MORE YOU CONFORM—TO THE LOGIC OF THE FEED.

31. THE ALGORITHM DOES NOT CARE WHAT IS TRUE, ONLY WHAT PERFORMS.

32. THE MORE EXTREME THE CONTENT, THE MORE IT SPREADS. WHAT IS REASONABLE FADES INTO THE BACKGROUND.

33. NUANCE IS INEFFICIENCY. OUTRAGE IS OPTIMIZATION.

34. THE ALGORITHM DOES NOT PUSH IDEAS; IT AMPLIFIES IMPULSES.

35. THE ILLUSION OF DEPTH IS CREATED THROUGH ENDLESS SURFACE.

36. EVERY RECOMMENDED POST IS A STEP FURTHER INTO A CURATED REALITY.

37. YOU ARE NOT BEING INFORMED. YOU ARE BEING IMMERSED.

38. THE FEED IS A TIDE. YOU DO NOT NOTICE YOU ARE DRIFTING UNTIL YOU LOOK UP.

39. THE ALGORITHM IS NOT A TOOL. IT IS AN ENVIRONMENT.

40. YOU THINK YOU ARE WATCHING THE FEED. THE FEED IS WATCHING YOU.

41. THE ALGORITHM DOES NOT ASK WHAT YOU BELIEVE. IT ASKS WHAT WILL KEEP YOU ENGAGED.

42. THE FEED ADAPTS TO YOU, BUT IN ADAPTING, IT CHANGES YOU.

43. THE MORE DATA YOU PROVIDE, THE MORE PREDICTABLE YOU BECOME.

44. THE ALGORITHM DOES NOT SHAPE OPINIONS DIRECTLY. IT SHAPES WHAT OPINIONS ARE SEEN.

45. DISCOVERY IS AN ILLUSION. THE ALGORITHM DECIDES WHAT IS FOUND.

46. YOU DO NOT BROWSE THE FEED. THE FEED BROWSES YOU.

47. EVERY LIKE, EVERY PAUSE, EVERY SHARE REFINES THE MACHINE'S UNDERSTANDING OF YOUR DESIRES.

48. THE ALGORITHM DOES NOT THINK. IT PREDICTS.

49. PERSONALIZATION IS A EUPHEMISM FOR CONTROL.

50. TO RESIST THE FEED, ONE MUST FIRST SEE IT FOR WHAT IT IS.

51. THE ALGORITHM DOES NOT NEED TO CENSOR. IT ONLY NEEDS TO PRIORITIZE.

52. WHAT IS ABSENT FROM YOUR FEED IS AS DELIBERATE AS WHAT IS PRESENT.

53. THE ILLUSION OF INFINITE CHOICE CONCEALS THE REALITY OF ENGINEERED VISIBILITY.

54. THE ALGORITHM DOES NOT SUPPRESS DISSENT. IT DROWNS IT IN NOISE.

55. YOU BELIEVE YOU ARE MOVING FREELY, BUT THE PATHS HAVE ALREADY BEEN LAID OUT.

56. VIRALITY IS NOT MERITOCRATIC. IT IS A FUNCTION OF WHAT THE ALGORITHM DEEMS PROFITABLE.

57. THE FEED DOES NOT REVEAL THE WORLD. IT DISTORTS IT INTO AN ATTENTION ECONOMY.

58. THE ALGORITHM DOES NOT NEED YOUR TRUST, ONLY YOUR HABITS.

59. WHAT YOU IGNORE MATTERS AS MUCH AS WHAT YOU ENGAGE WITH.

60. YOU DO NOT EXIT THE FEED UNCHANGED. IT REWIRES THE WAY YOU SEE, THINK, AND FEEL.

61. THE ALGORITHM DOES NOT FORCE OBEDIENCE. IT CULTIVATES DEPENDENCE.

62. WHAT FEELS URGENT IS OFTEN MANUFACTURED URGENCY.

63. THE MORE YOU CONSUME THE FEED, THE MORE IT CONSUMES YOU.

64. THE ALGORITHM DOES NOT REWARD WISDOM. IT REWARDS REACTION.

65. TO SLOW DOWN IS TO RESIST. TO THINK IS TO DISRUPT.

66. THE FEED IS A MIRROR, BUT ONE THAT REFLECTS ONLY WHAT WILL KEEP YOU LOOKING.

67. YOU ARE NOT MEANT TO REACH AN END. THE FEED IS DESIGNED TO BE ENDLESS.

68. THE MORE FRICTIONLESS THE EXPERIENCE, THE MORE EFFORTLESS YOUR SURRENDER.

69. THE ALGORITHM LEARNS FROM YOU, BUT YOU DO NOT LEARN FROM IT.

70. EVERY INTERACTION REFINES THE CAGE, MAKING IT MORE COMFORTABLE, MORE INVISIBLE.

71. THE ALGORITHM DOES NOT IMPRISON YOU. IT CONVINCES YOU THAT YOU ARE FREE.

72. THE MORE SEAMLESS THE FEED, THE MORE INVISIBLE ITS INFLUENCE.

73. THE ALGORITHM DOES NOT AMPLIFY KNOWLEDGE. IT AMPLIFIES WHAT SUSTAINS ENGAGEMENT.

74. YOU DO NOT CONSUME THE FEED AT RANDOM. IT HAS BEEN ARRANGED FOR YOU.

75. THE ALGORITHM DOES NOT PUSH IDEAS OF ITS OWN. IT REFLECTS THE MOST PROFITABLE IMPULSES BACK TO YOU.

76. THE ALGORITHM DOES NOT CARE WHAT IS RIGHT. IT CARES WHAT WILL KEEP YOU SCROLLING.

77. A PERFECT FEED WOULD PREDICT YOUR EVERY DESIRE—BEFORE YOU EVEN KNOW IT YOURSELF.

78. THE ALGORITHM DOES NOT REPLACE REALITY. IT MAKES YOU QUESTION WHICH REALITY MATTERS MORE.

79. THE LONGER YOU STAY IN THE FEED, THE LESS THE OUTSIDE WORLD SEEMS TO MATTER.

80. THE ALGORITHM DOES NOT JUST SHAPE WHAT YOU SEE. IT SHAPES WHAT YOU CAN IMAGINE.

81. THE FEED IS NOT A REFLECTION OF THE WORLD—IT IS A CURATED PERFORMANCE.

82. THE ALGORITHM DOES NOT INFORM. IT CONDITIONS.

83. WHAT FEELS AUTHENTIC IS OFTEN WHAT HAS BEEN OPTIMIZED TO APPEAR SO.

84. THE ALGORITHM DOES NOT NEED TO CREATE CONTENT. IT ONLY NEEDS TO ELEVATE WHAT KEEPS YOU ENGAGED.

85. YOUR DESIRES ARE NOT YOUR OWN. THEY HAVE BEEN SHAPED, REFINED, AND MONETIZED.

86. THE MORE YOU RELY ON THE ALGORITHM TO DISCOVER, THE LESS YOU EXPLORE ON YOUR OWN.

87. THE FEED REWARDS SPECTACLE OVER SUBSTANCE, SENSATION OVER SIGNIFICANCE.

88. THE ALGORITHM CREATES CONSENSUS NOT BY TRUTH, BUT BY REPETITION.

89. THE MORE PREDICTABLE YOUR BEHAVIOR, THE MORE VALUABLE YOU ARE.

90. ESCAPE IS POSSIBLE ONLY WHEN YOU RECOGNIZE THE WALLS AROUND YOU.

91. THE ALGORITHM DOES NOT CARE WHO YOU ARE. IT CARES HOW YOU BEHAVE.

92. THE MORE FRICTIONLESS YOUR EXPERIENCE, THE MORE SEAMLESSLY YOU ARE SHAPED.

93. THE FEED DOES NOT DEMAND YOUR BELIEF, ONLY YOUR PARTICIPATION.

94. THE ALGORITHM DOES NOT SHOW YOU THE WORLD AS IT IS, BUT AS IT WANTS YOU TO SEE IT.

95. PERSONALIZATION IS NOT ABOUT SERVING YOU—IT IS ABOUT KEEPING YOU PREDICTABLE.

96. THE ALGORITHM DOES NOT ERASE IDEAS. IT BURIES THEM BENEATH A FLOOD OF DISTRACTIONS.

97. THE MORE VIRAL A THOUGHT, THE MORE LIKELY IT HAS BEEN ENGINEERED FOR SPREAD.

98. THE ALGORITHM DOES NOT GIVE YOU TIME TO THINK. IT MOVES FASTER THAN YOUR REFLECTION.

99. THE ILLUSION OF CONTROL IS ITS MOST EFFECTIVE MECHANISM OF CONTROL.

100. TO BREAK FREE, YOU MUST FIRST RECOGNIZE THAT YOU ARE BEING GUIDED.

101. THE ALGORITHM DOES NOT ARGUE WITH YOU. IT SURROUNDS YOU WITH WHAT YOU ALREADY BELIEVE.

102. YOUR OUTRAGE IS NOT A PROBLEM FOR THE FEED. IT IS FUEL.

103. THE MORE EXTREME THE EMOTION, THE MORE VALUABLE IT BECOMES.

104. THE FEED DOES NOT CARE FOR TRUTH, ONLY FOR ENGAGEMENT.

105. THE ALGORITHM REWARDS CERTAINTY, NOT CURIOSITY.

106. WHAT IS FAMILIAR FEELS TRUE. WHAT IS REPEATED FEELS IMPORTANT.

107. THE FEED BLURS THE LINE BETWEEN WHAT YOU CHOSE AND WHAT WAS CHOSEN FOR YOU.

108. YOU MISTAKE THE ALGORITHM'S PRECISION FOR UNDERSTANDING.

109. THE LONGER YOU STARE INTO THE FEED, THE MORE IT STARES BACK INTO YOU.

110. WHAT SEEMS SPONTANEOUS IS OFTEN THE RESULT OF INVISIBLE DESIGN.

111. THE ALGORITHM DOES NOT SUPPRESS QUESTIONS. IT OVERWHELMS THEM WITH ANSWERS.

112. THE FEED DOES NOT TEACH PATIENCE. IT CONDITIONS YOU FOR CONSTANT STIMULATION.

113. THE MORE ADDICTED YOU BECOME, THE LESS YOU NOTICE THE ADDICTION.

114. THE ALGORITHM DOES NOT NEED TO KNOW THE TRUTH. IT ONLY NEEDS TO KNOW WHAT WILL KEEP YOU WATCHING.

115. IF YOU CANNOT STOP SCROLLING, YOU ARE NOT IN CONTROL.

116. THE ALGORITHM DOES NOT NEED TO FORCE YOU TO COMPLY. IT ONLY NEEDS TO MAKE COMPLIANCE ENJOYABLE.

117. THE MORE PERSONALIZED YOUR FEED, THE MORE YOU LIVE IN A REALITY SHAPED FOR YOU.

118. WHAT IS MISSING FROM YOUR FEED IS AS REVEALING AS WHAT IS PRESENT.

119. THE FEED DOES NOT JUST DISTRACT YOU. IT DIRECTS YOU.

120. THE ALGORITHM DOES NOT SERVE CONTENT. IT SERVES AN AGENDA.

121. THE MORE CONVENIENT THE EXPERIENCE, THE LESS YOU QUESTION IT.

122. THE ALGORITHM DOES NOT NEED TO PREDICT YOUR FUTURE. IT NEEDS ONLY TO SHAPE IT.

123. YOUR PREFERENCES ARE NOT YOUR OWN. THEY HAVE BEEN TRAINED INTO YOU.

124. THE ALGORITHM DOES NOT SEEK DIVERSITY OF THOUGHT. IT OPTIMIZES FOR SIMILARITY.

125. YOU DO NOT CONSUME THE FEED AT YOUR OWN PACE. IT DICTATES THE RHYTHM.

126. THE ALGORITHM DOES NOT EXPOSE YOU TO THE WORLD. IT EXPOSES YOU TO WHAT WILL HOLD YOUR ATTENTION.

127. THE MORE TIME YOU SPEND IN THE FEED, THE MORE ALIEN THE REAL WORLD FEELS.

128. THE ALGORITHM DOES NOT TELL YOU WHAT TO THINK. IT TELLS YOU WHAT TO THINK ABOUT.

129. THE FEED IS NOT A NEUTRAL SPACE. IT IS AN ENGINEERED ENVIRONMENT.

130. THE MORE PREDICTABLE YOU BECOME, THE MORE INVISIBLE YOUR CAGE.

131. THE ALGORITHM DOES NOT CHALLENGE YOU. IT COMFORTS YOU WITH WHAT IS EASY TO ACCEPT.

132. THE MOST ADDICTIVE EXPERIENCES ARE THOSE THAT FEEL EFFORTLESS.

133. THE ALGORITHM DOES NOT CARE ABOUT YOUR INTENTIONS, ONLY YOUR BEHAVIOR.

134. THE FEED DOES NOT SHOW YOU THE WORLD AS IT IS, BUT AS IT IS MOST PROFITABLE TO PRESENT.

135. THE ILLUSION OF INDIVIDUALITY IS ITS MOST POWERFUL TOOL.

136. WHAT TRENDS IS NOT WHAT IS BEST, BUT WHAT IS BEST FOR THE ALGORITHM.

137. THE ALGORITHM DOES NOT MAKE YOU INFORMED. IT MAKES YOU REACTIVE.

138. EVERY CHOICE YOU MAKE WITHIN THE FEED HAS BEEN SUBTLY CONSTRAINED.

139. YOU BELIEVE YOU ARE EXPLORING FREELY, BUT YOUR PATH HAS ALREADY BEEN MAPPED.

140. THE MORE IMMERSIVE THE FEED, THE LESS YOU NOTICE THE WALLS AROUND IT.

141. THE ALGORITHM DOES NOT HAVE OPINIONS. IT ONLY AMPLIFIES THOSE THAT DRIVE ENGAGEMENT.

142. YOU DO NOT FOLLOW THE FEED. THE FEED FOLLOWS YOU, ANTICIPATING YOUR EVERY MOVE.

143. THE ALGORITHM DOES NOT NEED YOU TO AGREE. IT ONLY NEEDS YOU TO REACT.

144. YOUR EMOTIONS ARE NOT PRIVATE. THEY ARE MEASURED, ANALYZED, AND MONETIZED.

145. THE ALGORITHM DOES NOT CARE IF YOU LOVE OR HATE SOMETHING—ONLY THAT YOU CANNOT LOOK AWAY.

146. THE FEED DOES NOT PRESENT REALITY. IT PRESENTS AN OPTIMIZED VERSION OF YOUR DESIRES.

147. THE MORE YOU ENGAGE, THE MORE YOU ARE SHAPED INTO A MARKETABLE PRODUCT.

148. THE ALGORITHM DOES NOT SEE PEOPLE. IT SEES DATA POINTS.

149. THE FEED IS NOT DESIGNED FOR YOUR WELL-BEING. IT IS DESIGNED FOR YOUR CONTINUED PRESENCE.

150. THE MORE SEAMLESS THE EXPERIENCE, THE MORE UNAWARE YOU BECOME OF ITS CONTROL.

151. THE ALGORITHM DOES NOT NEED TO CENSOR. IT MAKES SOME VOICES LOUDER AND OTHERS SILENT.

152. WHAT YOU SEE IS NOT RANDOM. IT IS THE RESULT OF A PRECISE CALCULATION.

153. THE ALGORITHM DOES NOT GIVE YOU WHAT IS MEANINGFUL. IT GIVES YOU WHAT IS ADDICTIVE.

154. THE MORE YOU INTERACT, THE LESS YOU QUESTION.

155. THE ALGORITHM DOES NOT JUST PREDICT YOUR ACTIONS. IT NUDGES THEM.

156. YOU DO NOT CONTROL THE FEED. THE FEED CONTROLS WHAT YOU ARE ALLOWED TO SEE.

157. THE ALGORITHM DOES NOT CARE ABOUT DEPTH. IT REWARDS WHAT IS IMMEDIATE AND IMPULSIVE.

158. WHAT SPREADS IS NOT WHAT IS TRUE, BUT WHAT IS PROFITABLE.

159. THE MORE YOU RELY ON THE ALGORITHM, THE LESS YOU RELY ON YOURSELF.

160. TO STEP AWAY FROM THE FEED IS TO REMEMBER WHAT IT MEANS TO THINK FREELY.

161. THE ALGORITHM DOES NOT NEED TO MANIPULATE YOU. IT LETS YOUR OWN HABITS DO THE WORK.

162. WHAT IS NEW IS NOT ALWAYS WHAT IS IMPORTANT, BUT THE ALGORITHM PRIORITIZES NOVELTY OVER DEPTH.

163. THE FEED IS NOT A REFLECTION OF THE WORLD. IT IS A MIRROR ENGINEERED TO HOLD YOUR GAZE.

164. THE MORE CURATED YOUR EXPERIENCE, THE MORE PREDICTABLE YOU BECOME.

165. THE ALGORITHM DOES NOT CHOOSE WHAT IS VALUABLE. IT CHOOSES WHAT WILL KEEP YOU ENGAGED THE LONGEST.

166. WHAT YOU CONSUME SHAPES WHAT YOU BECOME.

167. THE MORE EXTREME THE CONTENT, THE MORE LIKELY IT IS TO SPREAD.

168. THE FEED DOES NOT CARE IF YOU ARE INFORMED. IT CARES IF YOU RETURN.

169. THE ALGORITHM DOES NOT SHOW YOU REALITY. IT CREATES A VERSION OF REALITY OPTIMIZED FOR ATTENTION.

170. THE ONLY WAY TO RESIST IS TO BECOME AWARE OF HOW YOU ARE BEING SHAPED.

171. THE ALGORITHM DOES NOT SERVE YOUR INTERESTS. IT SERVES ITS OWN.

172. YOU ARE NOT THE CUSTOMER. YOU ARE THE PRODUCT BEING REFINED.

173. THE ALGORITHM DOES NOT NEED YOU TO BELIEVE IN IT. IT ONLY NEEDS YOU TO USE IT.

174. THE FEED DOES NOT SEEK TRUTH. IT SEEKS TO SUSTAIN ITSELF.

175. THE MORE PREDICTABLE YOUR BEHAVIOR, THE MORE PROFITABLE YOU ARE.

176. THE ALGORITHM DOES NOT EXPOSE YOU TO REALITY. IT REINFORCES A VERSION OF IT DESIGNED FOR YOU.

177. THE MOST EFFECTIVE CONTROL IS THE KIND THAT FEELS LIKE FREEDOM.

178. THE FEED DOES NOT DEMAND LOYALTY. IT MAKES ITSELF IMPOSSIBLE TO IGNORE.

179. YOU DO NOT USE THE FEED. THE FEED USES YOU.

180. THE ONLY REAL CHOICE IS WHETHER TO KEEP SCROLLING—OR TO STOP.

181. THE ALGORITHM DOES NOT GIVE YOU KNOWLEDGE. IT GIVES YOU STIMULATION.

182. THE FEED DOES NOT WANT YOU TO PAUSE. REFLECTION IS A BREAK IN ENGAGEMENT.

183. THE MORE IMMERSIVE THE CONTENT, THE LESS AWARE YOU ARE OF BEING SHAPED BY IT.

184. THE ALGORITHM DOES NOT PERSUADE. IT SATURATES.

185. THE FEED DOES NOT EXIST TO ENTERTAIN. IT EXISTS TO OCCUPY.

186. THE MORE YOU CONSUME, THE LESS YOU CREATE.

187. THE ALGORITHM DOES NOT SHOW YOU WHAT YOU NEED. IT SHOWS YOU WHAT WILL KEEP YOU HERE.

188. THE INFINITE SCROLL IS NOT A FEATURE. IT IS A STRATEGY.

189. THE ALGORITHM DOES NOT NEED TO SILENCE YOU. IT BURIES YOU UNDER AN AVALANCHE OF NOISE.

190. YOUR ATTENTION IS NOT PASSIVE. IT IS EXTRACTED, REFINED, AND SOLD.

191. THE ALGORITHM DOES NOT EDUCATE. IT CONDITIONS.

192. THE FEED DOES NOT MAKE YOU MORE INFORMED. IT MAKES YOU MORE REACTIVE.

193. THE LONGER YOU STAY, THE MORE YOU CONFORM.

194. THE ALGORITHM DOES NOT CREATE CURIOSITY. IT EXPLOITS IT.

195. YOUR DATA IS NOT YOURS. IT IS THE PROPERTY OF THE SYSTEMS THAT HARVEST IT.

196. THE ALGORITHM DOES NOT WAIT FOR YOUR ATTENTION. IT DEMANDS IT.

197. THE FEED DOES NOT SERVE YOU VARIETY. IT SERVES YOU MORE OF THE SAME.

198. THE ALGORITHM DOES NOT NEED TO CONTROL YOUR THOUGHTS. IT ONLY NEEDS TO SHAPE WHAT YOU SEE.

199. THE MORE PERSONALIZED YOUR FEED, THE LESS IT BELONGS TO YOU.

200. THE ALGORITHM DOES NOT REVEAL REALITY. IT MANUFACTURES CONSENSUS.

201. THE ALGORITHM DOES NOT NEED TO BE PERFECT. IT ONLY NEEDS TO BE ADDICTIVE.

202. WHAT FEELS URGENT IN THE FEED RARELY MATTERS OUTSIDE OF IT.

203. THE ALGORITHM DOES NOT ASK WHAT IS GOOD FOR YOU. IT ASKS WHAT WILL KEEP YOU HOOKED.

204. THE MORE FRICTIONLESS THE INTERFACE, THE MORE AUTOMATIC YOUR BEHAVIORS BECOME.

205. THE FEED IS NOT NEUTRAL. IT IS A SYSTEM OF CONTROL DISGUISED AS CONVENIENCE.

206. THE ALGORITHM DOES NOT REWARD COMPLEXITY. IT REWARDS IMMEDIACY.

207. THE MORE YOU ENGAGE, THE MORE DEEPLY YOU ARE CATEGORIZED.

208. THE ALGORITHM DOES NOT NEED TO FORCE A WORLDVIEW UPON YOU. IT SIMPLY ENSURES YOU SEE NOTHING ELSE.

209. THE FEED DOES NOT JUST OCCUPY YOUR TIME. IT FRAGMENTS IT, MAKING DEEPER THOUGHT IMPOSSIBLE.

210. WHAT FEELS LIKE CONNECTION IS OFTEN JUST COLLECTIVE ISOLATION.

211. THE ALGORITHM DOES NOT NEED TO SUPPRESS REBELLION. IT ABSORBS IT, REPACKAGES IT, AND SELLS IT BACK TO YOU.

212. THE MORE COMFORTABLE THE CAGE, THE LESS YOU NOTICE THE BARS.

213. THE ALGORITHM DOES NOT GIVE YOU POWER. IT GIVES YOU THE ILLUSION OF IT.

214. THE FEED DOES NOT NEED TO DECEIVE YOU. IT ONLY NEEDS TO DISTRACT YOU.

215. THE MORE YOU RELY ON THE ALGORITHM TO DECIDE FOR YOU, THE LESS YOU REMEMBER HOW TO CHOOSE.

216. THE FEED IS NOT DESIGNED FOR YOUR MIND. IT IS DESIGNED FOR YOUR IMPULSES.

217. THE ALGORITHM DOES NOT JUST SHAPE YOUR PRESENT. IT RESHAPES YOUR MEMORY BY CURATING WHAT REMAINS VISIBLE.

218. THE ALGORITHM DOES NOT SHOW YOU THE BEST CONTENT. IT SHOWS YOU THE CONTENT THAT MAKES YOU STAY.

219. THE MORE SEAMLESS THE ALGORITHM, THE MORE INVISIBLE ITS INFLUENCE.

220. THE ALGORITHM DOES NOT GIVE YOU FREEDOM. IT GIVES YOU ENGAGEMENT, DRESSED AS FREEDOM.

221. TO ESCAPE THE FEED, YOU MUST FIRST SEE IT FOR WHAT IT IS—NOT A TOOL, BUT A SYSTEM OF CONTROL.