

The psychological dictatorship.

By Zugrăvel Teodor

The society we live in is a psychological dictatorship.

We are tortured psychologically everyday by society, *most of the times we do not realize it*. We are trapped small boxes using technology to distract ourselves from the miserable society we live in. Now with short form content you can fry your dopamine receptors with the swipe of a finger.

We have gotten from getting pleasure from day to day activities, to hooking ourselves up to a screen to feel pleasure.

*The modern man craves the feel of doing something **natural**, the modern world does not give it. Consumerism has never been so common before, the average man living better than a king.*

Pain and pleasure have appeared to help us survive.

And then, we became addicted to pleasure.

Entire industries have been built around keeping us addicted to pleasure, from social media to fast food. We are fed low quality goods designed for mass production and we are manipulated to consume more through discounts and other manipulation tactics. Buying something you don't need because it has a discount is as stupid as buying an entire house that you don't need, just because the furniture is free. Quantity over quality is the mindset that rules the modern world.

Most people who leave all their drugs, physical and metaphorical. Behind and see how the world we live in actually is, turn to *nihilism*, believing that there is no answer to the question “**why ?**” and it does not matter “who we are, where we come from, and where we are going”

They become depressed since nothing matters anymore and they question even their own free will.

But there are also people who keep searching. Those who don't give up, those who believe that there is an answer to the question why. Those people will find the **answer.**