

My Issue with Cell Phones and Social Media

For the past year, I've been practicing using my cell phone less and disconnecting from social media. I acknowledge that this is hardly a revolutionary concept; **we lived this way for thousands of years** before the digital era.

"I Used to Be an Adventurer Like You. Then I Took an Arrow to the Knee..."

For me, cell phones and social media have become an eyesore. **People become robotic and less human** in my opinion. This is where the funny NPC (non-playable character) concept comes into play. It's as if we're becoming these scripted characters, only capable of a set number of actions, like in a video game.

Producer vs. Consumer

Most people are **mindless consumers**, needing constant stimulation through social media and continuous online connection with friends. This is why street photography is so powerful in my life. It allows me to walk the streets with no distractions, guided only by my intuition, placing me in a state of *production*. For me, creating art and media is the antidote to the mind-numbing consumption so prevalent today.

You Don't Need It

We've become so accustomed to grabbing our phones before going outside that we don't even question it. It's as if we depend on these devices for our safety and well-being. But **the phone won't save you in real-life situations**; it won't help you in hand-to-hand combat or genuine encounters with strangers. Disconnect from that Orwellian "citizen" app, and *stop living in fear*.

Culture?

Social media promotes **antisocial behavior patterns** among its users and is ultimately unhealthy for our mind, body, and soul. If you've ever participated in a group chat or an online forum, you've probably noticed how quickly it devolves into gossip. Most people now exist in a virtue-signaling, digital world where *insanity runs rampant among the mob*. Not only has it spiked global depression rates, but it has also fostered a **cancerous culture**.

Don't Consume Junk

Using cell phones and social media is the new *Doritos and honey buns*. Do you want to fuel yourself with snacks that will slowly kill you?