Social media addiction

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I wonder what my life would be like if I never used social media. Social media has become a part of everyday life and has influenced society.

It affects the way people think, act, and feel. It feels like society has progressed, and it probably sounds like a good thing. But what makes it extremely concerning is how addictive it can be.

Honestly, I didn't even realize I was addicted until I noticed how my time and connections with my friends had changed.

When I was in high school, my friends and I were sitting together during lunch break. I could have talked with them, but I didn't. While everyone else was enjoying conversation, I was busy scrolling through TikTok or watching YouTube. Imagine, your friend is right in front of you, but instead of talking with you, they keep using their phone. Isn't this sad? Choosing social media over friends.

Maybe I could have talked with them more, maybe I could have got to know them more. And maybe, I could have made more memories.

I still regret it.

Every time I use social media, I end up regretting some parts. Especially when it relates to time.

As I said, I scroll TikTok, X posts, and Instagram reels for hours and hours. I thought I was just killing time, but I was wasting important time too.

After closing my phone, I realized that the supposed five minutes had actually turned into two hours. Have you ever had an experience like that?

In my head, I'm just filled with regrets, thinking things like, "I could have finished that assignment," or "I should have been able to fall asleep earlier."

If I hadn't spent so much time on social media, I could have accomplished so much more. I used to spend my free time drawing lots of illustrations and watching movies. However, before I knew it, social media had taken over, and my hobby now is scrolling. When I tried to draw again, I noticed I couldn't draw the way I used to.

Then I started asking myself a question, "Was this really how I wanted to spend my life?"

"Is it worth stopping drawing just to be addicted to social media?" No.

Social media gave me fleeting enjoyment, but it rarely brought me true happiness that lasted. It felt empty; I couldn't say I was satisfied.

True happiness is not found on a screen. It's found in meaningful conversations, creative hobbies, and real experiences. Drawing illustrations, watching an

interesting movie, laughing with friends, and spending time with my family brought me more happiness than random videos or posts ever could.

So, I decided to make a change. I deleted a few social media apps and started to spend less time on social media. Instead, I do things that I really want to do. At first, it was difficult. I often checked my phone for no reason, wanting to scroll down something. However, as time passed, I got used to it. I can focus only on the task, and I've become better at paying attention to people around me.

To sum up, I am not saying that social media is completely bad. It helps us communicate, learn, and stay connected with many people. It's good as a tool.

You can use it the right way; not like me. But, if you think you're in the same situation as I was, you can try to stop or delete apps! Of course, it's not easy. But it's worth a try. You might just rediscover your true happiness.