

# Someone hit me with some real talk and convince me to delete social media.

February 13, 2019 | 11 upvotes | by [SICFJC](#)

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I think I'm having a problem with social media. Constantly checking who looked at my stories. I think I'm getting some kind of needy validation from it. It's fucking stupid. At least I'm recognizing what's going on.

The thing is, I just moved to a new city (a decently sized one) and I don't really know anyone here. I don't know what to do. I get no joy from going out alone. This is so weird to me. How do 24 year olds find friends and do shit?

Is this really a good idea in the age where EVERYONE has their phone up their ass? I feel like traditional texting always goes dead. It has for me anyway. But the occasional story gives people a reason to start up a quick chat.

I guess I have two questions here.

Thanks bros.

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## Comments

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Ballosaurus 1 points 13 February, 2019 03:07 AM [\[recovered\]](#)

Best thing I ever did was drop all my social accounts.

But I'm over 30 and in grad school and have cool shit going on that satisfies me for me. So maybe if you crave external approval then think twice about cutting your lifeline.

SICFJC[S] • 2 points • 13 February, 2019 04:17 AM

Can you talk a little about why it was the best thing ever?

Ballosaurus 1 points 13 February, 2019 05:00 AM [\[recovered\]](#)

I used to worry about missing out. Not anymore. I make my own fun.

I used to envy others' lives. For what? My life is great.

I used to think other people had their shit together and were living to their full potential, now I know it's just the "insta-face" people put forward. Behind the scenes people are simply insecure.

It's not real. Social media is to actually socializing as masturbating is to sex. (I'll be honest: I keep a snap because girls love to send nudes, but) Once you separate entirely, you begin to see it for what it really is: Placating a bored populace with little to do except click and wish for their lives to be better. It's no different from lab mice pushing the cocaine lever in a dopamine experiment.

And it's toxic bro. You said it yourself: You're getting little bursts of validation that people follow what you're doing. Anything that can be said about gambling, about porn, about drugs, can be applied ten fold to social media. So I got out. And my life is greatly improved.

d3viliz3d • 3 points • 13 February, 2019 10:22 AM

Social media is to actually socializing as masturbating is to sex

Some real shit right here!

HurricaneHugues • 14 points • 13 February, 2019 06:18 AM

Don't delete it. Just wait til it really destroys your life before u make a change

volvostupidshit • 1 point • 13 February, 2019 12:33 PM

All for science.

[deleted] • 8 points • 13 February, 2019 03:23 AM

Do what works for you, keep any and all masturbatory habits in check though.

IG helps my game a lot at the moment so I just make sure I'm disciplined on my usage.

Bedtimeshine • 0 points • 13 February, 2019 12:04 PM

No it doesnt

NickDeez • 2 points • 13 February, 2019 01:33 PM

s my game a lot at the moment so I just make sure I'm disciplined on my usage.

If you ain't getting laid from your IG, you're not doing it right.

Bedtimeshine • -1 points • 13 February, 2019 02:00 PM

If you ain't getting laid from girls you in meet in person and have never used IG, your not doing it right

NickDeez • 3 points • 13 February, 2019 04:29 PM

Some people have the personality to do both.

BloodSurgery • 6 points • 13 February, 2019 03:31 AM

Delete the app (as in, actually uninstall it) for a day and see what happens.

[deleted] • 2 points • 13 February, 2019 08:10 AM

I've noticed all the people that are worth staying in touch with will do so regardless of whether you have social media or not. The intrusion on your privacy and the constant distraction aren't worth keeping in touch with all the others.

atticusfinch1973 • 2 points • 13 February, 2019 12:30 PM

As a business owner I struggle with this, but I know it's necessary (unfortunately) for marketing so I keep it. I just keep it completely business oriented and focus on that. Delete anything that seems like a waste of time.

I use Facebook and LinkedIn almost exclusively though.

Whisper • 2 points • 13 February, 2019 08:46 AM

If you know you need something, and still need a spanking from daddy to get you to do it, you have bigger problems than facetube.

Or you're a chick.

bittr\_n\_swt • 1 point • 13 February, 2019 07:58 AM

I also plan to delete social media. But not right now, maybe towards the end of the year or early next year

TehJimmy • 1 point • 13 February, 2019 01:45 PM

I used to think like you like its a problem. Thing is you are focusing on the wrong thing. Unless you are a girl craving attention 24/7 it isnt a problem.

maxfit6 • 1 point • 13 February, 2019 06:33 PM

Just quit ! Its been 15 days now , I have Deleted all social apps feeling much better.

Eldudearino89 • 1 point • 13 February, 2019 08:10 PM

I use it for a lot of social events. Otherwise, I might spend 15-20 minutes a day on it.

ScrdMoneyDntMkeMoney • 1 point • 13 February, 2019 07:57 AM

I know you want to be convinced to delete all social media but here me out. I deleted all my social media to stop wasting time, but as a college student whenever I meet a girl Snapchat tends to be the easiest way to communicate further down the line. Any of your friends have friends you wanna smash, Instagram is an easy way to hit them up as your profile shows mutual connections. You gotta just play the game and disciplined, dont mindlessly scroll. Girls WILL find it weird if you don't have social media / followers as it shows value - you

having friends and hopefully getting out of your house to do cool shit worthy of posting.

TheDonJuanMata • 3 points • 13 February, 2019 09:24 AM

The flip side to this is the mystery behind not having it though. They won't know a single thing about you. Let the hamster run wild.

askmrcia • 3 points • 13 February, 2019 01:51 PM

Yea i think if you're in college you should be on social media.

Plus in college, it's really not as toxic. At least it wasn't when I was in college. The main reason is because everyone is all on the same level so there's little need to compare yourself to others.

Now in the real world, that's where I say be very careful with social media. Because now you're going to have people showing off their kids, relationships, travel vacations, career accomplishments, housing purchases, ect..

However, I still use Facebook because it's the best when you have your private group pages. Plus it's great to find events around your city.

There's positives and negatives to it for sure. I personally don't think you need to delete everything, but then again I'm not checking it every hour either like a lot of guys here seem to be doing.

Also I wouldn't be with my current girl now if it wasn't for Facebook. She added me and we started talking which lead to more.

LoLDamo • 2 points • 13 February, 2019 10:52 AM

“Girls WILL find it weird if you don’t have social media”

No, you think they will find it weird.

I just have Facebook I just say social media is a waste of time if anybody asks. Most people think the same - even if they are addicted to it.

ScrdMoneyDntMkeMoney • 1 point • 13 February, 2019 06:26 PM

This is not some theory I have my friend, I know many girls even beyond college. Maybe this is not the case for those of you in your 30s and beyond but even girls in their 20s will see it as a huge red flag. I have heard them say things along the lines of “this cute guy talked to me but he only has 300 Instagram followers, he must be weird”

LoLDamo • 1 point • 14 February, 2019 04:08 AM

I don’t know why you are listening to girls.

I’m 29. Most of the girls I plate are 22-25.

What makes a vagina wetter?

A man doing sports, making money and doing his hobbies.

Or somebody who spends all day taking selfies.

ScrdMoneyDntMkeMoney • 1 point • 14 February, 2019 04:28 AM

I just want to stress that the point is to have restraint, if you’re going to take selfies all day you’re better off deleting everything.

Maybe others have different experiences, but I can consistently have a girl over within 5 snapchats as opposed to texting all day. What makes a vagina wetter, The face of a man that takes

care of himself or some text on a screen?

LoLDamo • 1 point • 14 February, 2019 08:00 AM

You do you I see that shit as feminine it's one step below makeup and if that's your thing that's fine.

Nobody here "texts all day" texting is just for logistics.

Just doesn't align with my goals of what I want to be.

Atheist\_Utopia • 2 points • 13 February, 2019 11:53 AM

Exactly, this sub needs to get out of black/white thinking. As always, the middle ground is best. Have a social media, have a decent amount of followers, rarely post, ??????, reap the benefits