

Forum:[Hack Forums](#)

Thread: [Everyones addicted to scrolling and wont admit it](#)

jasonust - September 21, 2025, 2:51 pm

It's wild how people say they "don't have time" but spend 6+ hours doomscrolling daily. Doesn't matter if it's TikTok, X, or even here — everyone's cooked by algorithms.

Lowkey makes me think discipline is the new flex. Most people literally can't log off.

Prove me wrong.

Deany - September 21, 2025, 11:28 pm

Lol not me I get bored of it

Oh_Well - September 22, 2025, 8:23 am

It's also wild how everyone uses chatgpt to generate 3 lines of content, but here we are ?

HerrWinston - September 22, 2025, 9:30 am

(Sep 22, 2025 08:23 AM)Oh_Well Wrote: [\[CITE\]](#) It's also wild how everyone uses chatgpt to generate 3 lines of content, but here we are ?
???

But he is right tho, i am trying to get myself off of doomscrolling but sadly it just feels good doing that when i had a long day, resets my brain

Oh_Well - September 22, 2025, 10:19 am

(Sep 22, 2025 09:30 AM)HerrWinston Wrote: [\[CITE\]](#) ???

But he is right tho, i am trying to get myself off of doomscrolling but sadly it just feels good doing that when i had a long day, resets my brain

Yeah that's true. I do the same, I feel like I'm stopping my thoughts and just relax. But the truth is we force our minds to work overtime ? and the dopamine we produce will leave us exhausted when we're done.

Jamika - September 22, 2025, 10:57 am

(Sep 21, 2025 02:51 PM)jasonust Wrote: [\[CITE\]](#) It's wild how people say they "don't have time" but spend 6+ hours doomscrolling daily. Doesn't matter if it's TikTok, X, or even here — everyone's cooked by algorithms.

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Prove me wrong.

Agree , nothing interesting enough nowadays

SoulHarvester - September 22, 2025, 2:59 pm

So everyone with ADHD is cooked? Because 6+ hours of scrolling isn't your normal cat lmao.

Doc - September 22, 2025, 5:04 pm

This is why I don't use social media. Literally gives you the attention span of a damn gnat. The guy

who implemented the idea of a "scroll feed" even regrets it now because of how social media companies are using it and how it's negatively impacting the vast majority of people that use social media.

?ystem - September 22, 2025, 5:21 pm

(Sep 22, 2025 05:04 PM)Doc Wrote: [\[CITE\]](#) This is why I don't use social media. Literally gives you the attention span of a damn gnat.I laughed out loud at the mentioning of a gnat.

I agree. I'll admit that the only version of social media I kinda use is Facebook, which I only pay attention to when the missus suggests something, or if I'm bored enough, I'll politely troll my "friends".

I have accounts with other sites, but I don't use them. Pretty much the only reason I made them was out of utter boredom when I was much younger.

vnloads - September 25, 2025, 5:07 pm

Yeah i somewhat agree. I think it all depends

The Pact - September 26, 2025, 2:46 am

I've been addicted to the internet since 1995. It used to be super weird. Now you're telling me it's most people?

During the 2020 lockdowns I was afraid my internet would be knocked out because everyone would get online... but instead they were.....baking??? And fist fighting over flour and toilet paper in the stores while I ordered groceries online? ?

Eran - September 28, 2025, 1:01 pm

I admit it tbh. I recently broke my main phone and my backup phone in one week lmao. Actually gonna use it as an opportunity to detox from scrolling.

Rsynced - September 28, 2025, 2:17 pm

That's why I install AI on my servers and play / read with their stories, better way to pass the time! ??

or better yet make your own dooms day blog and get paid \$\$\$?