

Forum:[Hack Forums](#)

Thread: [Real Talk](#)

Mr. Undefined - March 3, 2026, 1:34 am

Hello Guys!!!

Another topic to be discussed upon.

Nowadays, we are frequently active on social media (like Instagram, Facebook).

Do you think we scroll reels because we genuinely enjoy them and learn something from them?
Or because our brain has become addicted to the small, instant happiness they give us every few seconds(as per research)?

Is this habit helping us grow by giving us ideas, motivation, and knowledge
Or is it slowly stealing our time, focus, sleep, and creativity and getting us an escape from stress, loneliness, and real-life responsibilities without us even realizing it?

In the long run, do you think this constant scrolling is making our lives better?
Or is it quietly controlling our routine, thinking, and priorities?

Share your reviews honestly
(^_^)

Deany - March 3, 2026, 1:37 am

I don't doomscroll. Find it a waste of time tbh. It's just dumb slop.

MadeByDemons - March 3, 2026, 8:44 am

Most people I know don't even like social media and are mainly signed up to keep contact with friends and family. Cory Doctorow talked about this in his enshittification talk in DefCon about how social media has value because of the messaging aspect and keeping your social network hostage by not allowing you to migrate easily to other platforms

As far as doomscrolling goes that stuff is literally engineered to keep you on and distracted so I try to stay conscious of that when someone sends me something.

The hardest part is that looking back at some conversations I had, people seem to communicate mostly through reels and memes and barely talk about stuff. Conversation becomes referential and people need material to share. One person I asked about things like this told me they keep a list of people they talk to regularly and sometimes scroll to find things to send to them.

Personally I avoid that but this has caused some people to write me off as not caring about them since I haven't sent them anything in 1-2 months even though I have nothing to talk to that person about specifically.

Mr. Undefined - March 4, 2026, 10:39 pm

(Mar 3, 2026 09:44 AM)MadeByDemons Wrote: [\[CITE\]](#) Most people I know don't even like social

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Personally, I avoid that but this has caused some people to write me off as not caring about them since I haven't sent them anything in 1-2 months even though I have nothing to talk to that person about specifically.

Hey Mate,

I get what you're saying, and honestly, I feel the same about a lot of it. Social media was originally meant to connect people, but now it feels like the platforms are designed more to keep our attention than to improve communication. The way reels, memes, and endless scrolling make real conversations feel secondary.

What I find interesting is how communication itself has changed; instead of talking about ideas, experiences, or opinions, people often just exchange rubbish content. Like you said, where the interaction is basically sending a meme or reel instead of actually talking.

I also think it creates this strange expectation that if you're not constantly sending things, it looks like you don't care, even though real relationships shouldn't depend on how often we forward content.

Thanks for you Honest Review ???

milton - March 5, 2026, 4:06 am

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