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Thread: [Most people in crypto are addicted to dopamine, not investing](#)

Mastercarder - May 13, 2026, 1:46 am

I genuinely think most people in crypto are not "investors" at all. They're dopamine addicts disguised as traders.

Nobody wants slow consistent gains anymore. People would rather gamble \$500 on some random low cap coin hoping it does a 100x overnight than build actual wealth over years.

You can literally see the psychology playing out in real time with things like chart watching every 3 minutes, panic selling, FOMO buying green candles, influencer worship, emotional posting during crashes and even pretending every gamble was "part of the strategy" (BIG ONE LOL)

Half the people screaming "diamond hands" are internally having heart attacks every 2% drop. And honestly social media made it worse. Crypto used to at least have people discussing tech and long term ideas. Now it feels like pure stimulation and casino behaviour.

Not saying there's no money to be made obviously. There definitely is. But I think most people are chasing the feeling of hitting a life changing trade more than they're actually interested in investing.

Curious how many people here actually disagree with this. Also before you all get a heart attack and think I'm personally attacking every single one of you, please understand I'm really not, it's just the pattern I've been witnessing lately. I would love to hear some opinions. ?

Edmond Dantes - May 13, 2026, 3:52 am

Diamond hands brought me back to the WSB era ?

jcole - May 13, 2026, 3:55 am

I don't disagree in some ways. People invest for growth potential. Nobody likes to invest to lose. My portfolio is not based on fast gains, but on consistent growth. A large chunk of my portfolio is in BTC and ETH so it is a steady gain.

Maskin - May 13, 2026, 5:51 am

Yes. You're spot on imo.

Some more than others but a good portion of "crypto people" are also in some way gamblers.

Always Sad - May 13, 2026, 8:29 am

This sounds like trading memecoins....

But yes OP you are 100% correct haha..

That is why I quit trading memecoins and randomly investing in random stocks on coinbase instead.