


▲ [-]  sl 12 minutes ago | [link](#) | [edit](#) | [delete](#) | [reply](#)

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▼ The problem only disappears if critical mass (adoption) is somehow reversed. I can quit social media, but I can't avoid it when dealing with other people. The mass adoption and inextricable integration into daily life is the part that changes the equation from a matter of personal taste to a matter of ecology.

▲ [-]  NoraCodes **8 minutes ago** | [link](#) | [reply](#)

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▼ I think we're talking about different problems. If the problem is "technology addiction", you absolutely *can* avoid addiction while using corporate social media when it's absolutely necessary, just as I took Tramadol after surgery and never became addicted.

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▼ If we parse this finely, the problem per se is not even tech addiction, but the observed negative results thereof. These negative results may only be observed in a specific formulation of tech addiction; they may not even be causally linked to tech addiction. That's why I insist on pulling the context (read: bigger picture, including lateral factors such as other people's behavior, which I can't control) into any discussion of individual tech addiction. We don't get addicted in a vacuum.