

# Do you dare to lock Facebook for 1 year in exchange for these 5 great things?

This man left Facebook 1 year and these are 5 great things he has received.

I check the News Feed regularly: when I wake up every morning, before I go to sleep, when I get on the bus, when queuing up and all the time I'm alone . as if it's a must. Occasionally, I rolled and rolled up the Facebook screen unconsciously or logout and less than 5 minutes later, I logged in again.

I was like that until the first day of 2015, I decided to stop that habit. About a year, I read a lot of stress-related studies and a series of articles that mentioned the benefits of staying away from social networks. At exactly one year, I gave up Facebook and now, I realized I was completely different.

I have to admit that except for posting Status, thanking everyone for sending Happy Birthday and announcing that I had a favorite meal in the Super Bowl rugby season, 98% did not go to Facebook at all. Even though I have not reached the absolute number yet, it is enough for me to have certain effects and the following 5 great things are what I want to share with you.

## 1. I have more free time to read books



When I spend a little time surfing the Face, I find myself less lazy. In the last year, I have read more than 40 books compared to the previous year, feeling that I understand and gain more useful knowledge instead of falling into links that my friends share. And obviously, they really do not benefit me at all except for negative issues in

life.

## **2. I have time to observe**

I still sit alone but no longer surf Facebook. Instead, I watch people around me, watch how they talk, laugh together and feel life is interesting.

## **3. I enjoy life more**

I no longer feel prompted to share everything. There is no feeling every time you go somewhere, doing something will "have to" check-in. I focused on discovering things around me, places I went and really enjoyed.



## **4. I became more sociable**

Like many other Facebookers, I also have friends all over the world but many of them, I don't know who they are, except for the information everyone knows. Life has no social network, first time, I admit it is a bit lonely.

But some time later, I changed. I actively send emails, messages and call friends. I have the motivation to go out to meet and no longer feel alone. Obviously, this "detox" process has made me more sociable, friendly and outward. I feel really changed.

## **5. I find talking directly interesting**

My friends were surprised that I didn't know their news recently and for the first time, they started talking directly to me about their work and their lives. We know each other's reactions, from facial expressions to gestures, instead of just showing Facebook smiles or emoji.



The last thing I want to say is that giving up Facebook for about a year made me lose some friends, especially those I have known since college, but now they are somewhere else. I don't know how to send a congratulations when they win the marathon, pass the driver's license test or anything else. But I have no regrets. 1 year has made me realize the meaning of a real life. I do more, enjoy more and care more about the people I love.

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