

This is why I stopped using Facebook and Twitter after 10 years of use

Let's TipsMake.com find out why Ben Gilbert stopped using Facebook and Twitter after 10 years of use in the article below!

1. Want to disappear from the Internet, do you think erasing your social network account is done?
2. Let Facebook take the nose, don't make the fish bite
3. In turn Tim Cook voiced about the danger of social networking

This is why **Ben Gilbert** - the author of the article stopped using Facebook and Twitter after 10 years of using:

1. After more than 10 years of using Facebook and Twitter, I decided to stop. I have deactivated my account.
2. Forgetting 'the rule of social networks' just wasted time.
3. My point is quite different - there is a strong opposition to social networks as well as the media, which is the product of modern Internet culture.
4. Time to stop to consider.

Once again I "woke up" after 10 minutes of lack of awareness of Twitter access. I don't even know what I'm reading? Why do I feel angry? What is that?

Turns out this is not once. I have stopped using social networks. I deactivated my Facebook account and deleted my Twitter account, not planning to return.



Photo source: Reuters / Gary Hershorn

If you've spent time using Twitter or Facebook in the past decade, you probably know exactly what I'm talking about.

Open Facebook / Twitter / Snapchat / Instagram / . on electronic devices, start scrolling and something is "attacking" you. Perhaps it was a political conversation between friends or perhaps a debate that took place among celebrities enough to be a highlight on social networks. Now, you take the time to delve into it.

1. Former Facebook president Sean Parker admitted to helping create a demon
2. Let Facebook take the nose, don't make the fish bite
3. This is how Facebook 'bait' information for users on the News Feed

If it's a particularly interesting debate, you can pretend to participate by adding a GIF of Michael Jackson eating popcorn. Or do you like to use GIFs by Stephen Colbert? And I like Michael.



Either way, you're "involved" - until you realize you're no longer involved. This is important or even just for entertainment. What is the controversial issue here? Who cares about it?

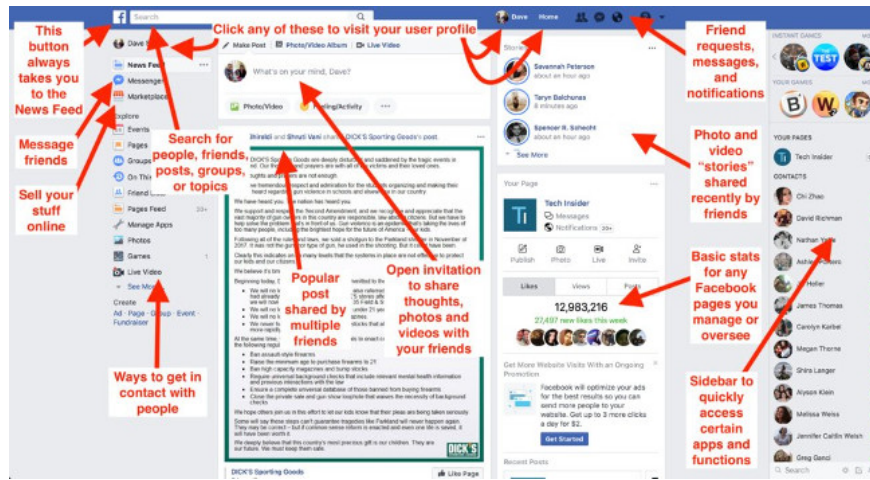
This is the reality of using social networks in 2018. Congratulations! You are "playing" yourself.

You must be like me, many times, using social networks, I have been affected by my personal feelings in response to something that has almost no impact on real life. That's really how the whole system works, from the basic level of people who want their social networking posts to be seen. I often post interesting and interesting articles that make many people feel like it!

Of course, what you want to say is "Pay attention to me". That the information you receive is not just a coincidence. It is by design.

If you only access passively, with little searching for things of interest, social feeds will become less valuable. You can remove its use and switch to another.

Instead, they are designed to attract and keep your interest.



New interface of Facebook. Photo source: Dave Smith / Business Insider

Twitter's change into timeless timeline is a perfect example - less useful service as a result.

Twitter's time schedule is a great way of presenting the world as a flow of information. Is it messy? Sure! Sometimes difficult to navigate? Right!

However, changing it to a feed does not arrange sequences not for editing - it aims to highlight content that makes you more interested, less likely to respond and test an application. other uses. It's no surprise that Twitter actually mentions everything - as long as you stay in the app longer, it's important.

Facebook also changed its algorithm in an effort to "encourage meaningful interaction among people". Change? Facebook CEO Mark Zuckerberg wrote in January: "Reduce public content like posts from businesses, brands and media." Instead, you will see many posts and photos from friends and family.

This sounds good! Less business brands, more real users!



Photo source: Thomson Reuters

But it seems that posts from friends and family with a lot of comments are the most frequently featured articles by Facebook's algorithm.

And what gets a lot of comments on Facebook? Discuss! Posting a strong point of view is a great way to stay on top of the News Feed, as people will give strong feedback on the original idea.

In other words, Facebook's effort to create "meaningful interaction" between users has actually led to a more controversial platform.

Control yourself?

Have you ever opened a new tab in your favorite Internet browser and did not think began typing a social media service website? Or pull the phone out with a specific purpose and the purpose is overshadowed by muscle memory when you direct you to Twitter again?

I often put out my phone but don't do what I set before and only realize when I don't complete my task. The next time I open the phone and get distracted by a new notification from Facebook (or whatever is possible).

Then I sighed, gathered and considered the 100th time whether I should delete the social network accounts. What have I learned from social networks? Answer no. It always distracts me and makes me feel: angry, sad or disappointed, or more likely to be disappointed about myself because I can't focus on a task.

1. 10 things should not be shared on Facebook

The worse thing is: The more distracted by social networks, the more I will be distracted by it in the future. I had to constantly resist the urge to open a new tab and check my Twitter replies while writing this article. Seriously!



Smartphone.Photo source: Drew Angerer / Getty Images

Of course, not only do I encounter this, but because people often repeat the habit of learning everyday. It's hard to prevent yourself from accessing social networks when you've done it thousands of times before.

The good news is there is a simple solution to this problem. It is stopping using it.

Do not just interrupt access, but close them.

Disable Facebook account.

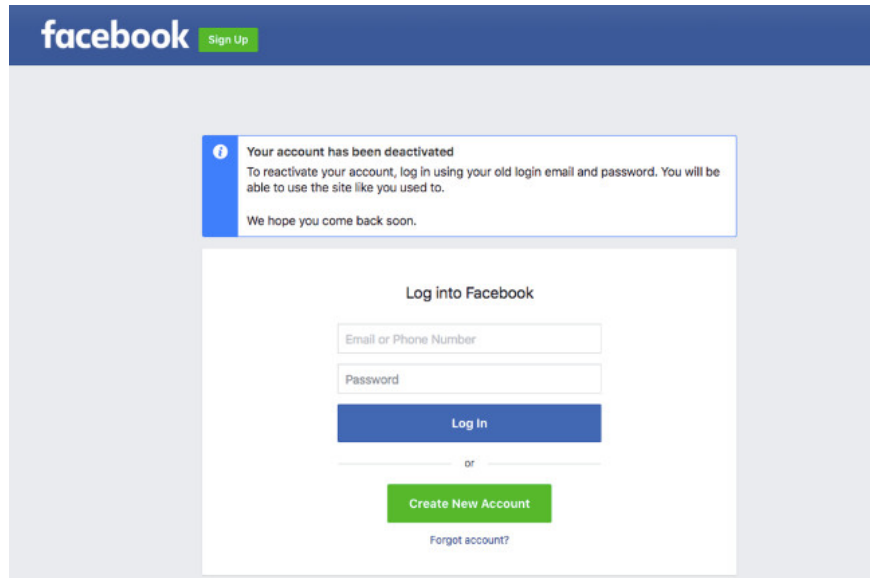


Photo source: Facebook
Everything has been resolved.

Author: Ben Gilbert

Refer to some more articles:

1. Why shouldn't you argue with anyone on Facebook?
2. 5 signs that you should "pause" using social networks
3. Who do you usually sleep with, or with what? That's too nosy Facebook!

Having fun!

You finished reading the article "**This is why I stopped using Facebook and Twitter after 10 years of use**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.