

TL;DR: Social Media has become a negative atmosphere, and has placed impractical standards on beauty and body image.

Dear Social Media,

Just another human here who is guilty of becoming obsessed with you.

I too fell into your fatalistic trap and it's quite clear to me that our relationship is becoming rather toxic.

Some may still be in love with you for the entertainment you provide to the majority of us at all hours of the day, or the fact that you will simply always be there and **never** go away. To me, on the other hand, I don't find you fun anymore, in fact, I am really starting to hate you.

You are *so* draining.

I think it's time we take a break.

Yes, I used to look forward to your daily streams of motivational quotes or photos of my friends and family. You were once inspiring, but you have since changed. Now you seem to only flood my young, innocent mind with unrealistic expectations of body and physical image and sources of popularity, deciding whether or not I am pretty based on the number of likes I received on my recent post.

But, I know I am not alone [because 25% of adolescents](#) believe that social media is negatively affecting their everyday lives.

You are slowly becoming my biggest enemy.

You have certainly done some damage. I now make sure I catch a glimpse of myself in every single mirror I may come by, and I have made it a habit to get out the scale, even if I may

have just eaten a big dinner, and proceed to let the numbers consume whatever happiness I have left in the day.

“Why don't I look like that? “

“Why don't I live the lifestyle they do?”

Questions you have caused us, humans, to silently asked ourselves twenty times today already after closing out of whatever app we dedicate way too much of our time to.

If I am being honest, the amount of time I have spent comparing my attractiveness to others has quite frankly become a third job to me, with the countless hours scrolling, or the never-ending dramatic debate of whether or not I should post that photo to the gram or not even though I wanted to.

I never posted it by the way.

I am optimistic you will change for me in the near future, maybe we can try this over again.

Sincerely, An Old Friend