

# *Fear Me Out Podcast*

## **Episode 58**

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

### *Guest Speakers*

## **Dr. Dana Saperstein & Justine-Social Media as an Addiction**

### **Kim Fauskee 00:00**

All right, so there's an elephant in the room, or an elephant in your pocket, or wherever you keep your cell phone. These days, we're going to be in a series on addiction and probably apropos to begin with your phone, which seems everyone has and our addiction to scrolling through your phone and more specific and in social media, and how millions, if not billions of people now are addicted to their phones, just like you would be to alcohol, or a drug or a person. Now we're addicted to our phones. So it was a good place for us to start this addiction series. And I'm sure Dana has a few comments about social media addiction.

### **Dr. Dana 00:49**

You know, Kim, I will tell you that reading about Facebook, Instagram, Twitter, all those other platforms, probably the most frightening thing I've ever read about my life, just stunned at the cleverness of people that do what I do for a living psychologists and how they have devised all the algorithms in order to get people addicted, and to lose control themselves and to take advantage of our loneliness and our desperation for contact and, and the dopamine receptors in our brain, super frightening how they harvest us for information.

### **Kim Fauskee 01:26**

And just so Dana and I aren't exactly experts on the social media peace. We're joined in this episode also with Justine Hamilton, who offers her two cents and and her Odyssey into social media as well. So I hope you enjoy this episode on the addiction to social media.

### **Dr. Dana 01:56**

There are two basic motivating forces fear and love. When we're afraid, we pull back from life. When we're in love, we open up to all that life has to offer with passion, excitement, and acceptance.

### **Fear Me Out 02:15**

Coming to you from our studio in Santa Barbara, California. This is the fear me out podcast. We're not your typical Self Help Program. Our show takes a deep dive into those psychological issues that affect us on a daily basis. We hope to shift your perspective and have you experiencing emotions differently. Now here are your hosts Kim Fauskee and Dr. Dana Saperstein.

**Kim Fauskee** 02:37

All right, so on today's episode, we're going to talk about the new American drug, or I guess it's the new world drug called social media. This is going to be a series that we're going to talk about on an addiction. And first, I want to actually read what the definition of an addiction is. And I'm going to try and do this out my glasses on. So an addiction is defined as not having control, overdoing, taking or using something to the point where it could be harmful to you. So statistics are saying that 10% of the population is addicted to social media here in 2022. And that the average person is now spending 147 minutes a day on social media. So that's probably a good point to start this discussion and we welcome in studio today is our CO hostess Justine Hamilton along with Dana and I for an hour discussion on what social media is actually doing to our lives.

**Dr. Dana** 03:45

You didn't tell me about that statistic. Now I gotta go take some valium scares the crap out of me.

**Kim Fauskee** 03:52

Well, I don't I don't know about I know you don't spend 147 minutes. I'm guessing that Justin doesn't spend 147 minutes but I may have to set a timer going forward to see how much time I actually spend. So I'm gonna go through this checklist and and you guys can either agree or disagree on if it affects you. But there are actually seven signs that certain psychological or certain psychology groups have come up with in terms of social media addiction. And the first thing that it talks about, is it the first thing you do in the morning? It was okay. So that's one of the things it is for me as well. The last thing you do yeah is look at your social media in the morning.

**Dr. Dana** 04:40

I must be retarded. Okay, well, let's let's use that word am I I must be Handi capable.

**Kim Fauskee** 04:47

Do you check it during your workday? Yes. Now, okay, Justin and I are two for two you're over two which good for you.

**Justine Hamilton** 04:57

Are so losing this cam

**Kim Fauskee** 04:59

Do you become anxious? When you cannot check it? That you're away from your phone or you're doing something else and you realize, oh my god, I gotta check my Instagram or my Facebook, or what's the newest tick tock video?

**Dr. Dana** 05:17

I'm on for three? Absolutely. No, I'm

**Kim Fauskee** 05:20

not bad either. I don't know, if it's not if it's out of sight out, it's out of mind for me on that. All right. You are constantly checking on how your posts perform. Like who's liked it, who's viewed it?

**Justine Hamilton** 05:40

I wouldn't say constantly. I would say I check. Like, I checked, I post and then I'll check. And then that's kind of it. And then it's out of my head.

**Kim Fauskee** 05:48

And you're checking it for the numbers. Are you checking it for whom? And why does that matter to you?

**Justine Hamilton** 05:58

Well, it doesn't matter. It's just an idea. It just, it feels like Oh, I'm being seen or Oh, they've seen this. And it's so it's a connection, but it's really just a dopamine boost.

**Kim Fauskee** 06:13

Yeah. So is it? Is it validity for you? That like, oh, I put something out there that either people liked. They found interesting. So now I'm interesting.

**Justine Hamilton** 06:26

I know because I think I'm interesting. I get Yeah, I mean, we can talk about this more after you go through your checklist. Because I'll I'll tell you sort of how I what I post about and how I post it's a little it's thought it's thoughtful is not the right word, but there's a method to my madness. Okay, so

**Kim Fauskee** 06:47

there's a follow up. Point to that one as well. You spend a lot of time planning and overthinking your posts.

**Justine Hamilton** 06:56

No. Okay.

**Kim Fauskee** 07:01

You think you hear your phone when it really didn't buzz?

**Justine Hamilton** 07:06

Well, five minutes ago, it was my phone your phones, I guess. Yeah.

**Kim Fauskee** 07:10

Okay, Dana. You know, um, you don't even know where your phone is

**Dr. Dana** 07:14

feeling really, like incredibly old. Because incredibly wouldn't even know how to make a post let alone think about what I would say. The only reason that I look at it is because our podcast gets advertised

**Kim Fauskee** 07:29

right now on Instagram and Facebook and Tik Tok actually,

**Dr. Dana** 07:33

yeah, by our lovely daughter and my lovely daughter and you. So I, you know, I look at that stuff. But if I had to make a post, I would have to hire somebody to do that for because I have no idea how I would do it.

**Kim Fauskee** 07:46

So even though even though this is not necessarily an anti social media thing, we want to remind people that are listening, that the fear me out podcast is on Instagram, Facebook and Tik Tok. Yes. So please take a look at our post we would appreciate that

**Dr. Dana** 08:01

is the only event get and then get off and put your phone away. So only thing I care about is that is that our ratings get boosted up and that people pay attention. And

**Kim Fauskee** 08:09

you can look at Justine Hamilton as well.

**Dr. Dana** 08:11

She was actually well, you know, I should admit that my computer's made out of wood. There's no electrical components to it.

**Kim Fauskee** 08:21

You got one of the original Macs, it looks like a box. Yes, simulated. And so the last one is that you neglect the rest of your life in favor of scrolling

**Justine Hamilton** 08:30

garden? No.

**Dr. Dana** 08:32

Everything? No.

**Kim Fauskee** 08:34

No me either. Yeah, so beds are only partially or only partially addicted. But is I mean is I'm going to ask you as a psychologist, is there such a thing as a partial addiction, I mean, I can have two drinks and stop. But I have to drink those two drinks every day. Or, boy, the opium was really good, I can stop now. Well, I

**Dr. Dana** 08:54

look at it like you can be an alcoholic that doesn't function and gets in all kinds of trouble and you know, with law or work or relationships, or you can be a functioning alcoholic. And I think there's a really big difference between how impaired you are as a result of your addiction. So yeah, you can be partially addicted, if as long as it doesn't impair your life in such a way that it's causing serious

**Kim Fauskee 09:17**

problems. So Justin and I are functional social media addicts, functional,

**Dr. Dana 09:22**

functional in your addiction, then then somebody who's truly cannot control themselves. But again, in doing the research for this podcast, it scared me really deeply how all of those platforms are designed to stimulate dopamine receptors in your brain. And they model them all after slot machines in Las Vegas. And if you look at the buttons and the lights and the you know the pretty pictures and all the colors and everything, it's all computed purely designed to get you to spend as much time as possible on everything. that form so that they can harvest your data. Because that's how they make their money is by by? Well, I,

**Kim Fauskee 10:10**

you're gonna go through the terms and conditions of all the system media. Like a deposition now. Well, I

**Dr. Dana 10:16**

mean, if you if there's five takeaways I read about on Facebook's agenda. Okay. And I'll just mention really briefly, because I think they're really important. There's a notion that Facebook as an example wants you to connect to the world. And that sounds lovely, right?

**Kim Fauskee 10:31**

Yeah, it's a good premise Mark Zuckerberg,

**Dr. Dana 10:33**

yeah. Because they want to bring the world closer together. And that's their mission statement. Makes them money. If they do that, yeah, the problem with that is that in order to join these organizations, you have to be willing to surrender all of the information about yourself, your friends, the things you're interested in, because when they won't let you on the platform, unless you're willing to give up everything about yourself, right, they can even listen to your conversations on your phone and on your computer and do whatever they want. And the weird thing is they own all the information that you give up the rights of ownership, to your pictures, to your posts to everything and they can use them in any way they want. And you readily sign that agreement if you want to be on the platform. And that's what seems to me a bit of an invasion of privacy. Now, they don't advertise any of this, because it would sound really evil if people really understood what they were signing up for. But it's all there, if you want to look for it. They also claim that one of their main goals is to connect you with organizations and and people that you care about.

**Kim Fauskee 11:40**

They did a good job doing that in the last election. Yeah, but the

**Dr. Dana 11:43**

problem is that sort of Russia? Well, all of us human beings have a certain degree of loneliness and a need for connection. It's all part of being a human being. And the whole way that these sites are set up,

is to tap into your loneliness and tap into your need for connection. The problem is that going on your computer makes it seem and kind of feel like you're connecting. But never in the same way that if you do an in person,

**Kim Fauskee** 12:15

and some people have already liked that arm's length, right from that connection, because it's not as intimate. Not really,

**Dr. Dana** 12:21

because it's, it's, it's built on the on the meth model of addiction. The first time that people take meth, it's the most glorious experience they've ever had. And so every time they take meth again, it never reaches the same level of euphoria as the first time. And they came up with the term called Chasing the dragon, which is you spend the rest of your life trying to recreate the initial feeling of what you get when you try meth for the first time. But it's physiologically impossible, once you've tried it to ever get back to that place again. So it's the same with social media, you're wanting to feel connection really dying for it. And you only get a partial hit of dopamine. It's not as powerful as it would be, as you know, us sitting in the room here connected with each other. But you didn't have to leave your room, which is nice. Right? Right. And but But it shows you or at least it introduces a potential of not having to do anything to be connected to other people. But it never reaches that level. So you're always going back for more and always going back for more. Anybody that has enclosed an addictive personality is going to be overcome by their need to recreate that feeling in their brain.

**Kim Fauskee** 13:34

And we may have talked about this on a previous podcast. Is there such a thing as an addictive personality?

**Dr. Dana** 13:40

I think that some people are more prone to addiction than others. Absolutely. Because we

**Kim Fauskee** 13:45

know it's not physiological right, that there's not a physiological gene. With

**Dr. Dana** 13:50

our DNA, there actually is a physiological difference between people that become alcoholic as an example. Not everyone but a lot. Compared to like, when I drink alcohol, my body recognizes it as a depressant as an example. So after a drink or two, you're not a happy drunk. No, my body says to me stop this. It's you're you're poisoning yourself. Let's it makes me fall asleep. And like, you know, I'm like the cheapest drunk in the world. One beer and I'm under the table. So alcohol is not for me. But everybody that I've ever worked with that has developed a problem with alcohol experiences alcohol, not as a depressant but as a stimulant. Because they metabolize alcohol differently than the rest of us. How you can explain that? I don't know I'm assuming it's physiological I think it's an inherited certainly has to do with certain races like more Asian people are allergic to alcohol than any other any other race and in the American Indian culture, the reason that that you know, they always show these, you know, drunk Indians is because in that population, the ability to metabolize alcohol is not really very present

and so people who become a addicted to the stimulation because we love stimulation. As human beings, animals love stimulation, I mean, if you go to, like there's an apple orchard in Yosemite and every fall, the apples fall from the trees because nobody harvests them anymore. And they ferment. And it's actually kind of sort of embarrassing. So the bears get drunk. Yeah. So you watch them, you're stumbling around crashing into trees, and you watch birds flying. Because they're all drunk.

**Justine Hamilton** 15:25  
watch on YouTube. Yeah,

**Dr. Dana** 15:27  
it's got, you know, I mean, it's, I've been there. And I've seen it. And it is a little bit humorous until you realize that, you know, these animals and birds are getting drunk and to the point where they lose control of themselves.

**Kim Fauskee** 15:39  
So the point, the point being is that the algorithms that were developed for the social media sites were developed by psychologists that knew full well what they were doing, right, because they wanted to keep driving you back to the platform for 147 minutes a day,

**Dr. Dana** 15:56  
oh, they would prefer that you do it 24 hours a day, if they have their choice, because the more time you spend, the more information they can gather about the things you're interested in. That's why if you have a conversation with somebody on your phone, and the next thing you do is open up Facebook or Instagram and you see an ad for exactly what you're talking about. It's like, wow, they've read my mind really well. I'm gonna read their mind. They're listening to your phone conversations.

**Kim Fauskee** 16:20  
So let me ask you a question that that may be a little bit of a one off from this. But do most people when they hear the term addiction, or think about the term addiction, think that it has to involve a substance?

**Dr. Dana** 16:36  
Well, social media stimulates the production of dopamine, which is a substance that creates a feeling of well being,

**Justine Hamilton** 16:45  
shopping addictions.

**Kim Fauskee** 16:46  
I mean, well, there's sex addictions, there's, you know, other things, but I'm thinking that when we talk about addiction, or people talk about addiction, when you brought up math or or any drug paraphernalia or anything like that is, or alcohol is what is commonly thought about as an addiction. And they think, probably, you know, social media has been around long enough, now people know that it can potentially be harmful. But I wonder if they if most people will actually think that it's an actual addiction,

or it's like anybody that has an addiction? Well, I could, I could give it up anytime I want to, I just don't want to give it up.

**Dr. Dana** 17:22

Well think about what it's like when you feel really lonely. And what that does to on a physiological level, not just on an emotional level. Right. I think loneliness in some ways, kills people, because we're not designed to be alone, right. And these platforms were designed to create the illusion that you're not alone. Even though you are, it creates enough of a feeling of connecting with other people that it takes the edge off of your loneliness, although it's not a real connection, it's a, you know, a generated connection on your computer. But on a physiological level, you just want more and more and more, because we all really want to feel connected to each other, because so many people suffer from loneliness. And if you think about love, who has enough love to sustain them, for the rest of their life, you can feel love in moments that feels really, really good. But you're always looking for more because you know, that feeling of love is very much like eating, you know, you can be stuffed, and then two hours later, you're looking for more food because your body has metabolize it. Yeah, the love accounts always empty. Yeah. And I think that our emotional body metabolizes love, in a way where if you don't have a constant diet of it, then you're going to crave it. And so these platforms are designed to take advantage of your craving for love and connection, which to me, is super scary. Because Find me some person that is not going to be subject to that need for love and connection.

**Justine Hamilton** 18:53

Well, then the algorithms go to work and start showing you all the people that think the same as you act the same as you, which is how we kind of gotten to the situation that we're currently in, and it looks like it's going to continue just to divide us even more. But yeah, they know exactly what they're doing. And you just don't know how this is gonna and or continue to separate everyone. So this, this platform that brought us together is really separating us.

**Kim Fauskee** 19:22

Did Justin Do you remember the first time and you either signed on to Facebook or whatever was around at that point and why you did it? Yeah.

**Justine Hamilton** 19:31

I had a nanny. So it was probably 2006 or seven. She was from the East Coast. And she and back then, you know, it was all it was at Harvard. And it was just it was a Facebook was a college platform. Right? I think it evens didn't start to like, rate girls or something.

**Kim Fauskee** 19:50

I think that was originally his premise for

**Justine Hamilton** 19:53

right so she told me about it. And I mean, I was like, oh, what how does that work? I I'm home, you know, for the most part with the newborn, she signed me up. I started posting people started, I started connecting with friends from high school that I haven't seen in 20 years and family that, you know, live across the country. And that was 21 or 18 years ago. Yeah. Yeah, years ago, 16 years ago,



**Kim Fauskee** 20:22

I was looking back today in preparation for this episode. And I think I signed on in 2010 2010.

**Justine Hamilton** 20:27

Yeah. Well, it's funny. Have you ever tried to go back because like, I could justify it and say, well, it's sort of like a history of my life. So when I'm old, my kids can look at it and see what I was posting when they were two and whatever. And I just sort of had this visual, but have you ever scrolled back to try to see posts from you know, even 234 years back?

**Kim Fauskee** 20:51

I don't? I don't think so. I may have gone back a year, but not they make it so

**Justine Hamilton** 20:57

hard. Like you, it keeps reloading. So you know, this whole thing that like, oh, I can go down memory lane from 2009. When my kids are dead? You it's almost impossible to like, go back there. Takes a long time to load and then it's Yeah, so it hasn't turned into this great, like, memory lane. thing for me?

**Kim Fauskee** 21:17

Well, I think I was thinking about this. I think when I signed on in 2010, I thought, Oh, this is a great way, like you were saying is kind of reconnecting with friends that you haven't seen for years or had moved out of town or whether it was high school, whether it was College family members that don't live nearby, that can you know, easily kind of track their lives in your life. And and oh, what a great, what a great tool to use. And then boy that they

**Justine Hamilton** 21:44

are marketing, right? Yeah.

**Kim Fauskee** 21:46

I think they knew what they're doing all along, didn't they?

**Justine Hamilton** 21:49

Yeah. Well, and I think it changes so much too. But like the premise is there where it's like, no, it's just to get your information and send it out.

**Kim Fauskee** 21:58

So we will forward for 1214 years. Now I know you have a business account. But I'm sure you have a private account is well in. So what do you use it for now.

**Justine Hamilton** 22:12

So my business account I was doing and I I've kind of stopped because it didn't feel authentic to me. It was from my coaching page. And I was working with this social media person who's like, you need to do reels, because that's when you get all the all the hits. And so my numbers are growing. But at the end of the day, I like to get my clients word of mouth. I don't really care if you know, some woman from

Ohio finds me that I've never met on my social media thing. So I've kind of stopped posting over there. And it's just been dormant since the summer. Yeah, I kind of felt like you had dropped me off. Oh, I didn't drop you. I dropped I dropped me. Okay. And then my personal one, you know, we can justify it however we want in our heads, right? Like I was thinking about this and intent anticipation of our podcast is Yes, I know what my high school friends are doing. Yes, I know what my cousin is doing in Iowa? Do I really care? Like, do I really care? Is it really adding meaning to my life? I mean, a little because I know that they're still alive. And you know, a little bit of what they're doing, but I don't really care. I mean, if Facebook wasn't around, and I never knew what, I don't want to say any names. This person was doing what I care. No. So why do I keep going there and, you know, sort of checking what they're doing or seeing their their feed, and I'm a lot less on Facebook than I am on Instagram. And the one thing that Mark Zuckerberg did, super, super right is you when you post to your Instagram account, you can post to Facebook at same time. So I don't even have to really go on Facebook. But if I want to post both, and my family is mostly on because you're in the meta, you're in the meta version and the meta. Yeah. So all I have to do is toggle over it. Well, it stays toggled over. So that was really smart. Because it keeps me engaged with Facebook, where if that wasn't the situation, I wouldn't be on Facebook. I would only be on there to say to show my dad stuff to be honest. And at that point, I can just do a group text.

**Kim Fauskee** 24:24

Do you remember the day this is probably a decade ago where the next iteration of Facebook was everybody was checking in somewhere. So somebody would be like, checking in at Target. Yeah, checking in at Vons. It was like You gotta be kidding me. Yeah, right that people were actually posting that stuff.

**Justine Hamilton** 24:40

Well, that was probably a way for them to engage corporations too. Exactly. Yeah. Yeah, I do. And then the first wasn't the first one like how are you feeling? And you'd like I'm feeling sad,

**Kim Fauskee** 24:53

right? Yeah, there was a I think that was the beginning of the the emoji use and Facebook trying to prompt more user interaction. Yeah, in that way and kind of dealing into the psychological aspects of your life there is it's amazing to me because I was never a tick tock user. And I know some of our stuff lives on tick tock these days. Justine and I, if you haven't heard this before, both have teenage children so our children are heavily in Tik Tok. I'm sure your kids aren't right. I shouldn't just assume that. In my kids would for me certain things funny things from tick tock are funny things from friends on there. And I hadn't really taken a cruise around tick tock until about a week ago. And I don't know if I should be horrified by what I saw on there. But I surely came to the conclusion that now I know why the world is the way the world is today. On there, because what what happened to privacy, and that all of a sudden that everybody feels that they have to be transparent about their lives. I saw people on there just talking about the divorces talking about the cheating on their their spouses talking about the date they went on the night before crying on there, because they're so depressed right now. Yeah, I mean, that's, that's what you know. And granted, then there's other people that, you know, again, living their best life is, I think, the biggest hashtag out there that look at how great my life is, and living in a camper van or

surfing waves down in Sumatra, or wherever. And it's what happened to people kind of keeping their lives private. When did that change?

**Dr. Dana** 26:53

I didn't change because we all want to believe that are important to other people, and that people care about us. And if you don't have that, in real life, you can certainly create it on the internet.

**Justine Hamilton** 27:04

Yeah. And I think if you like kids that are the generation that is on tick tock, they started with iPhones when they were 11, or whatever. So right away, that is their validity, where I think our generation is a little bit different, where I would never go on anything and talk about Super private stuff. But these kids that and then then it's a collective voice, right? They're all doing it. They're all saying it, and then it's how can I up it, how can I get more engagement, how you know, and it becomes just normalized. And it's the privacy and the modesty,

**Kim Fauskee** 27:41

right? And so I agree with you that this has become the communication device of the Gen Z's and Gen X's and millennials. But when I was talking about people being completely transparent, to whatever extent that it was too much information, I'm talking about 4050 year old males and females on there, I think

**Justine Hamilton** 28:07

then that probably goes back to maybe what Dana was saying a little bit where it's like they, especially if they're going through a hard time, they need to feel connected. And that little dopamine hit is making them feel connected, because then they're on there talking about something and people are like, Oh my god, I'm so sorry.

**Kim Fauskee** 28:24

I understand that if somebody feels isolated or feels that they don't have any friends to talk to you that I guess, making a video and putting it out there and from whatever comments or likes or whatever, I guess there are some validation that somebody's actually either they think cares, or at least listening out there.

**Dr. Dana** 28:44

You know, if you think about addiction, going back to the question you're asking, there's some characteristics that I think are important to think about, number one, find me somebody who's addicted, that's not in denial about how serious the problem is.

**Kim Fauskee** 29:02

Yeah, that's the that's what I was saying earlier. It's like, well, yeah, so I have one or two drinks a night, seven nights where I could stop anytime I want.

**Dr. Dana** 29:10

Well, and I could say the same thing about people that use social media to an extreme, I'm doing it because it's fun. I'm not addicted to it, right? It's not that harmful, it doesn't cause any problems in my life. It's entertaining. It keeps me from being bored. So it's not a problem in any way. And when I've asked people will do care, that all of the information about you is available to be harvested for profit. I got nothing to hide, so I don't really care. What do I what do I have to hide from I'm not like a criminal or,

**Kim Fauskee** 29:41

you know, now I'm raising my hand on that one, because I've used that.

**Dr. Dana** 29:47

So what's the big deal? If everybody knows everything about me, I got nothing to hide anyway. So you know, lying to yourself is a big part of addiction. And again, I'm not I'm not here to say that there's no there's nothing good about it. Do you have it? Because some of its entertaining? I mean, what's the difference between walking watching tick tock videos and watching television? it entertains you? It takes your you know, distraction from linear? Yeah, probably. Yeah, it's more creative. Certainly. Because there's nobody that's sanctioning or, or, you know, saying anything about what you post, you can post whatever you want. No, and

**Kim Fauskee** 30:20

this is not an episode either doing encourage you to be on social media or to get you off of it. This is an episode about addiction.

**Dr. Dana** 30:27

Well, and I just want people to know more than anything, that you're being used for profit. And as long as you're okay with that, and you don't really mind that you're being used for profit, and that your information is being exploited, then it's up to you to decide how much of your life that you're willing to give away, in order to be entertained. Because I don't necessarily think that the same thing happens. Maybe with television or whatever. I know that they pay attention to what you watch and all that. But it's not quite the same thing, as you know, all the advertisers that that show up, you know, you're talking about the Nielsen ratings anymore. Yeah. Well, I need you know, talk about the I don't know, I had this cocktail somewhere or whatever this and the next thing you know, that that brand of liquors began advertised on your right on your Facebook page, and it's not like you posted anything, you just talked about it on your phone, do

**Justine Hamilton** 31:20

you care, that they have your information and know everything that you do?

**Dr. Dana** 31:26

And that they're making a lot of profit on your back? Yeah,

**Kim Fauskee** 31:29

you know, I probably acquiesced to the same statement that Dana made that, you know, I've been on there long enough now. That, that I probably don't care that whatever information they're gonna glean,

they're gonna gleam anyway, whether I use a credit card, a cell phone, on social media, whether there are spy drones out there, whatever you want to believe in that if somebody really wants to find out enough about you, they're going to find find it out. I think where my concern lies now as not only doing research for this podcast, but but also having conversations with friends over time. You know, listening to the gentleman that was on rich rolls, pop podcasts that wrote a book on Fisher, Max Fisher wrote book on this, you start thinking about how we're, I'm more concerned now in where I'm a little concerned with for my own kids is how it rewires your brain, right. And that's where I'm getting a little concerned about when I when I was facetiously saying that I need to start a timer on how much time I'm spending on social media. But it almost seems like I need to go to a detox place for for social media. And, and I'm certainly not one that sits there. You know, I probably answered yesterday, like you did about half of those questions on there. But I probably don't, I'm not going to underestimate but I probably spend way too much time on social media for absolutely no reason. Not to promote this podcast not to do research or the podcast, which I do, which we do on social media, but I do fuck around on social medias as well. Easy.

**Justine Hamilton** 33:18

So it looks like a slot machine and you use one finger to move things not to not upon. They couldn't make it any easier to sit there and just mess around for No, no, no 47 minutes, and I'll

**Kim Fauskee** 33:31

be sitting there doing my consulting work and I'll be stuck on something or I'll be bored with with doing it. And I'll get on the phone.

**Justine Hamilton** 33:40

Yeah, it's so easy. Yeah, it's so easy. It's

**Kim Fauskee** 33:42

so easy. It's like like you were saying, Dan, it's the you know, if it's there, I'm gonna use it.

**Dr. Dana** 33:48

If you guys ever heard the term, using people as whales.

**Justine Hamilton** 33:53

Now, but this doesn't sound good for us can

**Kim Fauskee** 33:56

I know about whales in Vegas, but now? Well, it's the same same thing that monetizing.

**Dr. Dana** 34:04

The people that Las Vegas relies on are called whales. And it's about 10% of the population and there are people with a lot of money and they're so addicted to gambling

**Kim Fauskee** 34:16

than the odds in the casinos favor that they're gonna make money on them.

**Dr. Dana** 34:19

Yes, everything is calm for them. Because they know that they can control themselves once they get the dopamine things and the whole principle of gaming and all of that stuff and the Internet everything is based on um those 10% of people that will lose control of themselves and allow themselves to be exploited financially. You know, a lot of the games they give it to you for free. But then if you want to upgrade you got to pay for the upgrades. And then the thing that works so well for them is that enough people get addicted to it to support all the people that don't get addicted to it if that makes sense because there's only a certain percentage of people they need to buy the stuff that You know, the cost them nothing to manufacture. And they do really well on that financially. Plus, you know, if you look at again, Instagram as an example, you think you'll own your photos, right when you post them on Instagram.

**Kim Fauskee** 35:17

I hope nobody believes that steal. But you're but I'm sure they do that

**Dr. Dana** 35:21

Instagram says you own all your stuff. Instagram claims that, that it doesn't take ownership of users content. But then when you sign up for Instagram, it says that they own everything. So what's the truth? You know that they don't own it, they do own it? Well, they own it, because they can use it any way they want to. So if you post a photograph that they find that they could sell for some reason, or or, or sell to an advertiser or whatever, because it's going to generate income, they don't need your permission to give that photograph away. And that's just a small example. But if you think about how many how many, how many millions of people are on Instagram? I have no idea. But I think it's a lot.

**Kim Fauskee** 36:00

Well, I mean, they're there. I mean, there's 8 billion people in the world, right. And they say that 210 million people in the world are at the addiction point now. So there's, you know, 10 times 20 times 100 times more than that right out there. So you

**Dr. Dana** 36:17

know, the other part of just said, Instagram makes you sign an agreement saying that, you surrender all your rights to everything. So you own nothing that you that you put on Instagram, and you own nothing about your own privacy, because they can do whatever they want with it. And they make a lot of money. Those companies are, you know, they're really successful, they make a lot of money. And they make all of their money, basically, by selling your data. And I'm sorry, no, go ahead long as you're okay with that. And you don't mind being used to entertain yourself, as you're saying, then no problem. I just don't think that people realize how much they're being exploited. And they get nothing out of it, except maybe some short term entertainment.

**Justine Hamilton** 37:01

I think it would be interesting to find out personally, I don't care if they know how old I am, where I live, how many kids I have. I don't care if then they target ads, for me to the I know that that's what they're doing with my info. But I wonder when they say we own everything? Like, is there some way to find

out? Are they? I mean, is it really a case where they're going in and like, Okay, well, we're gonna take these six users photos and sell them to so and so agency so they can put them in an ad? Do you know what I mean?

**Dr. Dana** 37:35

Like they're allowed to do that if they want to? I don't know how often.

**Justine Hamilton** 37:38

Yeah, and I, but I think it'd be really interesting to say, to see if they really did that. Or if, you know, they're like, Okay, they've sold 10,000 user photos that are like they're on billboards in Zimbabwe or something. And then people might have a different reaction to it. Versus

**Dr. Dana** 37:56

I personally really like it. Because you're getting more attention. Maybe,

**Justine Hamilton** 38:00

maybe, but I don't really care that they know, that preliminary information about me, I don't really care. I mean, I'll tell you how, when my birthday is I am and where I live, you know. But I think that if it is something deeper, where they are really using stuff that is more personal, then that is it. That's a problem, probably for a lot of people.

**Dr. Dana** 38:28

Well, one of the guests that we had on the show was a young woman who wrote a song about abortion. And she got us a lot of play, and was on American Idol and, and all that stuff.

**Kim Fauskee** 38:40

Yeah. But once that went viral, on her on social media sites, she got a lot of hate

**Dr. Dana** 38:47

a lot of death threats. Now, I don't know how you would feel about one of your kids having be threatened with death because of a song they wrote.

**Justine Hamilton** 38:57

But she knew that posting that right.

**Dr. Dana** 38:59

I don't think she really understood how serious the ramifications.

**Kim Fauskee** 39:03

Yeah, and I don't think her mom understood either because her mom, you know, chimed in on on that episode, either. I mean, I think they knew that it was going to be controversial, but I didn't they didn't believe that they would actually get death threats from it, which they did.

**Justine Hamilton** 39:17

Yeah. Well, that's because we're becoming

**Kim Fauskee** 39:19

in polarized. Yeah. And that same thing, that same context we were talking about, I don't know if you have Alexa at home? No, I don't have Alexa either. But, you know, Amazon admitted that they were listening into conversations and people's homes and collecting that data.

**Dr. Dana** 39:37

Well, you can't have it unless you're willing to surrender your rights. Yeah, so

**Kim Fauskee** 39:40

that's why they didn't that's why the FTC and other people couldn't come down on them. Because when you bought the Alexa machine or or or got started, you gave them permission to do that. Now. How creepy is that? That's creepy.

**Justine Hamilton** 39:54

That's why Alexa is in the garage unplugged

**Dr. Dana** 39:57

so they can hear your car Go for it like listen your car. Exactly, yeah.

**Kim Fauskee** 40:06

So, yeah, I mean, going back Justine to how you and I both started using social media, it's obviously changed now. And one thing that Dana was talking about, again, with the commonality of addiction is this dopamine hit. Which if people don't know what dopamine is, there's there's different chemical receptors in your brain that cause you to actually have positive emotions. And dopamine is one of those. But I feel now when I go on to social media, and I'm scrolling through things, that I'm almost I almost I don't feel like I've like I've had this dopamine hit that I get this mini high from, I feel like I veg out now.

**Dr. Dana** 40:55

But that's because you keep going back for more

**Kim Fauskee** 40:57

in I'm not getting it I'm getting it's the mething right that I'm not getting that that high anymore. But you expecting that Yeah,

**Justine Hamilton** 41:04

right. Did you did you use to like, do you remember?

**Kim Fauskee** 41:09

I guess when a pretty girl followed me or something like that? Maybe that's the you know, I don't mean to be physician being actually serious. Yeah. On that, or somebody that I admired, or or, uh, you know, I probably was a teenage kid in my mind when I put up a post and 200 people liked it. And it's like, oh,



wow, you know, that was good. Yeah. You know, that there was some credibility or validity or belonging or whatever you want to add into that, that? Yeah, you're part of the community, or you're part of those people that you admire, or you follow? Now, I mean, then, you know, I don't have like my kids, I don't have 1000s of followers, right? Pretty much everybody that I, that I have on my I know, personally.

**Dr. Dana** 41:56

So well think about them, one of the chapters in the book already has to do with the fear of being judged. And I think that part of why these platforms are so popular, is because people mostly post things that other people are going to admire, right? Or they don't post the negative parts of their life, generally speaking, they post things apparently

**Kim Fauskee** 42:15

they are now because that's the that's the new transparency, right that that I'm super cool, because I can be vulnerable online now. So I have to tell you everything about my, about my life, and how how either good or how bad it is,

**Dr. Dana** 42:31

but it's still looking for attention and approval, regardless of what the content

**Kim Fauskee** 42:35

is. Yeah, that's what it comes down to. We're all looking for attention. Well,

**Dr. Dana** 42:38

because it taps into our need to be acknowledged as having some importance. And to matter. Because think about your own lives. How much did you feel like you mattered as a kid?

**Kim Fauskee** 42:51

So I have to I have to answer that. I've answered that in the prior 45 episodes on the show.

**Dr. Dana** 42:58

What about you, Justine? How much did you matter as

**Justine Hamilton** 43:00

I was a burden?

**Dr. Dana** 43:02

I didn't know how much pain did that cause you?

**Justine Hamilton** 43:06

It caused a lot of pain. And I it's an even I, even then, like I found sort of my mattering at school. So if my family wasn't going to acknowledge me, I was going to find that at school. And you know, this is a modern way of the same sort of acknowledgement is like, Okay, this community, oh, they think I'm funny. They like that picture. They whatever. And, you know, that's, that's what it comes down to really, yeah,

**Dr. Dana** 43:35

it encourages being centered outside yourself, which is something that can become addictive in itself.

**Kim Fauskee** 43:42

Well, and that's what we've talked about, right? It's about latching on to the external, and not concentrating on the internal happiness, right, that you're constantly looking outside for that happiness. Or that, like you said, dopamine hit that belonging, instead of looking within yourself for it.

**Dr. Dana** 44:03

If you think about, I'm not singling out Christianity in unto itself. But if you belong to an Evangelical Church, as an example, the credo is Jesus on top other people next, and you at the very bottom. So what matters more, is that you love Jesus, and that you take care of everybody needs to be taken care of. And your needs are secondary, where you're at service to God, right? So it's even sanctioned and religion to be not focused on yourself, right? And you're made to feel horribly ashamed of yourself and that you're selfish. If you focus on your own needs and your own feelings about what's happening around you. So that shame gets carried over into our society and a lot of different ways. But all it does is make the problem of loneliness worse, because if you can't focus on your own needs than you, how do you meet those needs, and then makes you constantly look thinking to the outside for approval, and acknowledgement and to feel special. Now everybody wants a certain amount of attention. There's nothing wrong with that. But if that's all that fills you up with a sense of well being, and you're not filled up with your own internal sense of well being, that creates a really serious problem in terms of how you feel about yourself deep down inside and how you live in the world. And again, I think that these platforms take advantage of that.

**Kim Fauskee** 45:26

Well, I'm gonna say that's probably true of all the prolific posters on there, right, that they're, they're looking to fill themselves up.

**Dr. Dana** 45:36

Well, they've monetized it. Because if you get a lot of followers, you get paid for that, right? That's true, and you get paid really handsomely. You can get paid for doing nothing other than looking a certain way or, or acting a certain way. And, you know, when I talked to some young people, and ask them, you know, what would you like to do when you grow up? Which is, look at me like, well, I don't know. So they just want to be rich and famous, right for doing nothing. Yeah. Because that's what they're taught is the road to

**Justine Hamilton** 46:04

prosperity. Yeah, there's

**Kim Fauskee** 46:05

plenty. Thank you The Kardashians?

**Dr. Dana** 46:07

Yeah, exactly. You can be a complete loser. But as long as you look good, and you can make other people feel bad about themselves, because they don't look like you. You can monetize that you can monetize it, and do really well actually.

**Kim Fauskee** 46:19

You ever unfriended anybody jesting?

**Justine Hamilton** 46:25

I, maybe a handful, not not any that I can really think of? Yeah, not really,

**Kim Fauskee** 46:31

I was just Yeah, I was thinking about that, from the premise of how we both started on the platform in terms of, you know, what Facebook actually said, and connecting to the world. And connecting with family and friends that you haven't seen in a while and things like that. I as it evolved over time. It became a platform for you know, people, not only to tell you that they're checking into Target, but it became a platform of vitriol and and a soapbox for their political views or their soapbox to tell you what they thought about anything that was happening in the world. And, and yeah, I if I muted or unfriended people because of that, because that wasn't the purpose, that I wanted to be on the platform. And I don't really care about your opinion, actually, you know, and I'm not going to put my opinion out there as well. Because who cares about my opinion? You know,

**Justine Hamilton** 47:34

and that's why we're becoming more and more divided. Because the people that we aren't agreeing with, we're shunning them for just like they're doing to us. And then we're staying aligned with those people that politically are the same way. So now, we're seeing this whole blue wall or this whole red wall in our feed. And there's no one's talking to each other, because we're just like, No, no, no, we're standing behind our wall. Yeah. Or standing behind our wall. And that's, I think one of the reasons why we become even more polarized.

**Kim Fauskee** 48:07

You brought up a good point earlier, because of our teenagers a commonality of having teenagers. Somebody had, when I had mentioned about using the actual smartphone, actually, as a phone, they said, What you don't understand is that you come from an era where communication was over the phone, right? It was either over the phone or in person that there was no social media. There was no Snapchat, there was none, none of those things. And these kids, this is how they communicate. It is yeah. And so trying to get them to do something you did decades ago is not their future.

**Justine Hamilton** 48:43

Right? So can even open an email, let's talk about that. Email what

**Kim Fauskee** 48:49

I shouldn't say my son will listen to this, but I'm wondering if he could actually write an email. At this point, I'm with you. But the concern, I guess, is you know, because there's a number of books there's a

number of topics on Google and stuff like that. About should you be limiting your kids time on social media in and interested to get your opinion on that?

**Justine Hamilton** 49:17

Should should I be 1,000% I try it is the hardest fight in our family and more so with my daughter than my son and I think that's just sort of the genetic makeup between men and women. Girls are on there connecting comparing talking and you know, the guys are doing that but they're doing it in sort of a game scenario. I 100% think that it should be monitored. It's really hard to do. But it's a constant battle but it we do it but it is the it is the fight and our family

**Kim Fauskee** 49:59

and When when you talk about monitoring, I do allow only a certain amount of time on their phone when they're at home. Yep,

**Justine Hamilton** 50:06

yeah. And then I'll kind of be like, Okay, you're on your own, you know how much you're supposed to be on there. manage it yourself. And then, you know, weeks will go by, and then I'll just be like, let me see your screen time. And it's too high. And then it's, you know, they are, they are just spending so much time on their phones. And part of me is like, okay, but I used to spend hours on the telephone talking to my friends. So part of it is that, and I understand that, but there's also, you know, just the waist of the scroll that that we're all doing. And it's a really tough thing to navigate. It's, and I think it's especially horrible for young girls, there isn't. I mean, the negative role models and the just, I don't know, just the leniency of it all, is tenfold of what it was like, you know, even 510 years ago, and I'm like, are we just gonna keep escalating this that pretty soon, you're gonna see like, 10 year olds and like bikini shots with, you know, their hair all done up? And I don't I don't know where it ends, because the time goes on. And we just continue to make it more overt and more overt. And it bums me out.

**Kim Fauskee** 51:25

Well, I agree with you. I mean, it, there is no end in sight. Right? And it seems, whether it's every month, or every year to get worse, I mean, I mean, there's complete debauchery online now where kids are cooking chicken and NyQuil, which I'm sure people have heard about. I know it's funny, but it's not funny. Because the the F whatever the Federal Drug Administration had to come out with a warning, that chicken shouldn't be cooked in NyQuil that it was actually dangerous to your health. But that was a thing that was on Tik Tok. And that had gained a lot of popularity. So kids, we're doing it, right. And then there's the the neighborhood debauchery that's been going around, at least locally here where kids are trying to kick in your door in the middle of the night and filming it. And then moving on to the house three doors down and trying to know everyone in this town has a ring. And I they I know they don't think that they actually realize that and I know the story here locally was that a kid was caught. Because his face was on ring. There was a church event that was going on. Somebody took the video down there and said, Do you know this kid? And they said, Oh yeah, he's part of the church. Yeah. But but this is I mean, it's it's propagating these behaviors. So you know, my, my daughter is in college now. So Tik Tok is still a big thing for them. But my 16 year old son sits there. And I think he learns whatever he learns from as much as Tiktok is anything anymore.

**Justine Hamilton** 53:07

Yeah, for sure. Well, I

**Dr. Dana** 53:09

know that tic toc is now the major source of mental health information in the United States.

**Justine Hamilton** 53:16

That's crazy. Trying to people,

**Dr. Dana** 53:19

it gets more attention from mental health perspective than any other source of information on mental health in the United States. Which is astounding to me, because how long are the videos a minute or two?

**Kim Fauskee** 53:32

Oh, they're Well, depends on how many parts I think they're limited to 30 or 60 seconds or a minute and a half a piece? Yeah, they're very short.

**Dr. Dana** 53:42

But that's the intention span that's being encouraged. Yeah. And so that's a major source of information for people in for people that want to learn about depression or anxiety or suicidality or anything. It comes from tick tock now, which was stunning to me. But that's why I said to you the other day, maybe we should start posting on tick tock because it's, it's where people get their information.

**Kim Fauskee** 54:08

No, I mean, you'd be astounded if you've been on there. I don't know if you've ever toured Tiktok Justine, but stuff that gets 100,000 views or or millions, a million views. You're like you want to you want to bang your head on the table thinking there's a million people that actually wants this.

**Dr. Dana** 54:27

NyQuil Chicken, chicken that just sounds so delicious.

**Justine Hamilton** 54:34

So I wanted to ask you this, I mean, now that you know, we sort of Dana you're you're home free on the swing. Anything current because you're a Marine.

**Kim Fauskee** 54:44

Justin is going to be my palms start sweating.

**Justine Hamilton** 54:48

Because you can ask me this too. I mean, you know, you did some research on this based on this episode and having kids and everything else and just kind of looking at your usage. Are you going to do Change your usage or the time that you're spending on social media?

**Kim Fauskee** 55:04

Um, the short answer to that is yes. I just don't know how I'm going to do that yet. I mean, I think I mentioned the out of sight out of mind thing, right? If my phone's not near me, but then there's then there's, I'm working on my laptop. So do I have to delete those applications off my laptop? Or or where they're not accessible to? Where it's become like a default? Without even thinking about it? I'm next. I'm on Instagram. Yeah. But the short answer is yes. And I was actually it was a good segue, because I was going to ask Dana, because we are talking about addiction. And this is an addiction, the same as any other addiction is how do you detox from addiction? Or how do you? Are there steps to get away from what you're over consuming? Help us, Dana, you help us all?

**Dr. Dana** 56:05

I think it's a really valid question. And it's interesting that's came up because yesterday, I signed up for a mental health chat room.

**Kim Fauskee** 56:13

Wow. And is that for psychologists? Or for just anybody? It's for anybody? Okay,

**Justine Hamilton** 56:19

online, like us online? Not on tick tock,

**Dr. Dana** 56:23

tick tock? No, is he is mental health? Well, I mean, there's any subject to you want to investigate, but I thought, you know, conceivably, I know a bit about mental health. And when I was reading some of the posts, that people that were sexually abused, were putting up there, people were talking a lot about what their experiences were, but nobody was talking about how to heal. So I thought, I'm gonna sign up and see whether, if I start posting stuff, it will be helpful to some of the people that are on that platform. Now, I mentioned this, because I think that that you can't just give something up, and not replace it with something else. No, I understand that for sure. So that's, so it's looking for something that's more positive, to take the place of just the boredom entertainment that you're, you know, when I talk to young people, most of the young people I know are super bright and really capable, and lazy, like really lazy, because it's so much easier to watch tick tock, than to recognize what you could bring to the table even as a 15 or 16 year old in creative endeavors. So I tried to convince young people sometimes, hey, you know, there's stuff that you really like that is really appealing to you? Why don't you start doing that, and start being super creative with your talents. Even if you don't know how to start, somebody will help you get started. Because if you can't just give something up without a replacement, so So what about

**Kim Fauskee** 57:51

an old guy? That's, that's not lazy, but not really smart?

**Dr. Dana** 57:56

Well, first of all, if you're talking about me, I don't agree with the notion that you're not really smart. So I have to take objection to your your,

**Kim Fauskee** 58:06

I was hoping you're gonna say, Well, you're not really an old guy. But that wouldn't be true, though.

**Dr. Dana** 58:11

You and I've been attempted to write a book for a few years now. Yeah, someday it will be done. So audience. So how much time as an example, do you devote to tick tock that you could be writing?

**Kim Fauskee** 58:21

No, no, there you go. And I'm guilty. 147 minutes, I'd have three books out by Nance,

**Dr. Dana** 58:27

right? And I'm guilty also of being lazy sometimes. Because being entertained

**Kim Fauskee** 58:31

is you got to stop watching Southpark instead, well, that's

**Dr. Dana** 58:34

true. But that's not that's not laziness. That's, that's cultural. And

**Kim Fauskee** 58:40

everybody else may go to tick tock for you. And I go to the South for our for our information. That's

**Dr. Dana** 58:45

where I get my news. Straight from South bar, because they know the truth.

**Kim Fauskee** 58:51

You can't have spied and put down other people than what's worth it.

**Dr. Dana** 58:56

If you can't make fun of everything. There's no point in being alive as far as I'm concerned. But I think that, you know, in all seriousness, that I think that one of the reasons why treatment for addiction doesn't work, is because we're so happy when somebody stops using. There's no attention paid to what's going to take its place. What's going to give you a sense of well being what's going to help you with your anxiety, what's going to help what, what the underlying issues are that create the addiction in the first place. Because I don't think that most of the time, addiction is the primary problem. I think it's a symptom of a bigger issues. So if you want to give some up, yeah. So what do you say? You got to have something to replace. That's all something that stimulates your mind. Because when you're a really smart person, and you don't have enough stimulation, you're going to find things to entertain yourself. Right? They're really easy.

**Justine Hamilton** 59:52

Oh, yeah. And they, I mean, they make it so hard because you just do like a quick five minute scroll versus like, I'm not gonna go pick Have a book and read like two pages because I have something to do in five minutes. Right? So like, I want to fill this like little five minute of like I'm taking a break from work or whatever. And

**Dr. Dana** 1:00:11

you know what's weird Justin? What? That's actually what I do.

**Kim Fauskee** 1:00:14

That's exactly what I did before I came to the podcast today was I had like, leave in 10 minutes. No, I didn't read a book. Oh, I scrolled. Yeah.

**Dr. Dana** 1:00:22

You know what I did at lunch? I read my novel. And then I started reading a magazine. Well, you

**Justine Hamilton** 1:00:27

have a you that was at lunch. But what about five minute increments? I would you pick up and read a page or two?

**Dr. Dana** 1:00:32

Absolutely. I am. So as

**Kim Fauskee** 1:00:34

he looks for another car to buy, he's not.

**Dr. Dana** 1:00:37

Ever since I was a little shopaholic. Ever since I was a little kid. I love books. They, they stimulate my imagination the way that feels really good. Yeah. So he's got like five books that I'm reading, which makes me a dinosaur. And 10 magazines that I have laying around because I want to learn about everything I can learn. And I just don't find that I can learn as much on the internet as I can. In my old school way, no, no, but I know that I'm a dinosaur, I guess.

**Justine Hamilton** 1:01:01

But if you have five minutes, I will read a book. Oh. Yeah.

**Kim Fauskee** 1:01:06

Are you by you're missing out on Bob from Poughkeepsie, who's an armchair psychologist that can just offer advice to 100,000 people in 15 seconds?

**Dr. Dana** 1:01:14

Well, the other problem is that I'm so self centered that I really don't care about what other people think of me. So posting something would be a waste, because because it would, it would serve no purpose. It wouldn't make me feel any better if somebody said, Wow, that's amazing, right? I mean, I love doing the podcast, because people tell me how much it helps them. But it makes me feel good that I'm helping people. It doesn't make my ego feel gratified. I just I just want to help as many people as I can. Okay,

**Justine Hamilton** 1:01:41



so that's good. What about doing that on social media? Like, what if you were like, you know, the Instagram therapist, and well,

**Dr. Dana** 1:01:49

I don't want to do that, because it's too impersonal for me. Like when COVID happened? I almost I remember coming downstairs, when I was just doing zoom connections with people. And I said to my wife, I gotta retire. I can't do this. It's killing me not to have contact with the people that I adore. And really look forward to hanging out with in the course of my day.

**Kim Fauskee** 1:02:11

Yeah, but But what about in you? And I've talked about this quite a bit. We were just talking about where the, you know, we're psychology and mental health is being completely consumed on on tick tock. And why young people or young people? Yeah, and so young people are either getting good or not. So good advice, right? on doing that. So

**Dr. Dana** 1:02:35

well, that's why I joined that the chat room that I was telling you about, because these are people directly asking for help. And then most of them, I don't know, if they can afford therapists, I have no idea. But I just thought, you know, if I could encourage these people to take their molestation seriously, not just in its debilitating ways, but there are ways to get help that they might not be aware of, and to really do whatever they can to try to heal those wounds. That will make me feel really good as a person. And I'm hoping that it would be helpful to the people that are that are looking for help. So to me, that seems more satisfying than the one on Facebook or Instagram and just sort of, you know, all the Instagram stuff that comes to me is psychology stuff. And most of what I read and think to myself another self help book. Yeah, exactly. Some of it might be useful, but most of it is really kind of a waste of time, because it's all platitudes.

**Kim Fauskee** 1:03:32

So we're bumping up to the hour conversation in here. Do either one of you have anything else that you want to add to this conversation? And then Dan, I want you to kind of point out again, the important points of addiction if somebody thinks again, if they're addicted to social media or listening to this, and think they may be addicted to someone something? What are the red flags they should be looking for?

**Dr. Dana** 1:04:05

Well, that's a tough one. Because I mean, think about the people you know, that have alcohol addictions, as an example, how many of them are willing to admit that it's a problem? Not Not many? And have you had conversations with them? Just to sort of tell them you're worried about them? Some? And how do they usually respond?

**Justine Hamilton** 1:04:22

I'm fine. I'm fine, fine, fine.

**Dr. Dana** 1:04:27

I think that the problem with addiction is you come up against denial as the first response. And it doesn't really matter how much of a mess the person's life is. The drama of addiction keeps you from having to face the real issues in your life, whatever the trauma might be, or whatever the feelings you have about yourself, and so on and so forth. And so, even though it's really self destructive, it's also like an insurance policy against having to take full responsibility for the things that have happened to you and didn't happen for you that are creating the problems of the First Choice. So I know that sounds really negative. But in order to help anybody, they gotta want to help themselves. And so if you're willing to take a really good hard look at it, just put a timer, timer yourself for a week, and see how much time you spend and don't, you know, sort of look at it from a shame perspective, like, oh, shoot, I just realized I spent seven hours on social media today, because I have the day off. If you look at it from like, a shame perspective, then you're just going to push it away and not deal with. But to understand that it's serving a purpose, like all symptoms do, which a lot of times is to keep you from the your deep pain and your, your deep self. And I don't envy anybody that's got teenagers right now. Because it is so hard to get them to take any of this seriously, they just look at you like you're full of a truck and landed on your head. And you're like, the stupidest person that's ever lived. Because the problem is, we don't understand, because it's not part of our reality that we go up with. So we have no idea of whether it's a real problem or not. It looks like one from our perspective. It doesn't feel like one from their perspective.

**Kim Fauskee** 1:06:07

It's normal to them. So they don't know. Yeah. Well, we're gonna delve into the topic of addiction a little bit more over the next few episodes. And

**Dr. Dana** 1:06:15

can I just tell you one less frightening thing that I saw? Oh, sure. In Sweden, they have developed a capsule that takes the place of your phone, embedded into your wrist, they actually cut you open, they put the capsule in your wrist, you don't have to carry a phone around anymore. All you gotta do is talk to your wrist, and it has everything that your cell phone has on it. And every once in a while, if you want a new phone, you just take out the capsule and put it in a new one. That Hell's all new. Yeah, and people line up in droves to get these capsules inserted into their, into their wrist. And it's not just young people, is people of all different ages that just love the idea that they can have a phone inside their body and don't have to even carry something around. So you wouldn't ever have

**Kim Fauskee** 1:06:57

known that if you were on scrolling through tick tock during your lunch break instead of reading about that. And instead of talking to the hand, which was a popular thing a few years ago, you're talking to the wrist, the wrist. Jesse, thanks. Yeah, appreciate appreciate your input on this. And again, we'll be talking about addiction in some coming episodes. So

**Dr. Dana** 1:07:17

we always appreciate when you're willing to come in. Of course, I'm

**Justine Hamilton** 1:07:20

happy to do so. Thanks

**Kim Fauskee** 1:07:21

for listening, everyone. Thanks.

**Fear Me Out** 1:07:25

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