

## "I am, or Instagram?" And "Signs"

Written by врач невролог А.А.Пономаренко  
Wednesday, 22 July 2015 23:00

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Seeing on the Internet, these short films, I have not slept all night, and thought to have found the answers to the questions that occupy me for over 15 years. I wanted to sleep and rest, but just did not work, although there was a Saturday evening and the work week is over. In order not to grind a holding my thoughts, I decided to write this article to share my findings on this issue and to offer them to discuss all those who care about such matters. A preview of the movie was something like the attainment of the last pieces of colored glass to create a mosaic, so that the whole picture has acquired a complete and holistic view.

I do not visit social networks on the grounds of employment and, therefore, came, and with the work I have the opportunity to relax or do business constituting the essence of my life. Why do not I talk to the media? Quite simply, by working with people who have an excess of dialogue, which is so great that coming home is not the same to go to a social network you want, but on the contrary, I want to turn off the phone, what to do. I agree that most people do not have enough communication, or social networks would not so popular, but I have a different situation, and not only me, so I decided to present to discuss their conclusions.

Why do people come to a social network? People, in my opinion, not enough **love, respect and recognition**

Networks meet these needs by providing an illusion of gaining such feelings, but perhaps **it is only an illusion**

(unfortunately). If it were otherwise, the people familiar virtually in person to acquire a true friends, not frustration, which happens in most cases. After sitting at a monitor thousands of miles from each other idealize people, like himself, and the one with whom to communicate, despite the spectacular selfi. This is fine, but only in the sense that we want *to be better, more beautiful, kind, and successful*, effort to this, however, is usually lacking, and therefore negative results are obtained in the form of destruction which seemed bright hopes.

Agree, much easier to create spectacular selfi even with primitive phone and professionally crafted instagrammom it immediately will be shown to all your fans than to sit down and write a letter. I'm not even talking about how to write a letter on paper, I do not remember when it did the last time, but at least a normal e-mail, which is good for us and it is now too lazy to write. So it seems to me that the *technological progress that we see right now is, is a threat to the degeneration of the mind, if you give the opportunity not to think at all. Thoughtlessly using gives us the opportunity, we can slide down very low and foolishly to lose the skills of personal communication and the ability to self-improvement.*

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Understand, I'm not an idiot, to call for the abandonment of the fantastic opportunities provided by new technologies to us, but also to accept the fact that I see the Internet as a youth killed in various dangerous situations, willing to make outstanding selfi I do not want to.

Asking yourself the question of why they do it, I have come to several conclusions, which are actually the subject of this article. What motivates those who risked their lives to climb on the roofs of trains, bridges, skyscrapers, or removing themselves racing on a motorcycle, finds his death? Earlier, I wrote that, it's thirst for love and recognition, it's nice, but if they do not achieve their goal, and are a result of a death, then, in my opinion, the opinion, it has other, unpleasant Bole name; - **Pride** . A "Pride" is not a better feeling, so in various problems leading up to the death, and it is the reverse side of this quality as " **defectiveness** " or " **Inferiority**

". How not to name, will be no better, only one outcome. The person experiencing a void in his life and not having the strength to make up for its own, appeals to other people, who in his opinion are able to help him, but for this to take place, it needs to advertise itself. That's where, and we take all these seemingly crazy things. Social networks are now providing a great opportunity for a self-promotion, and even simply to share photos and short messages, without entering into a personal relationship, to feel more or less comfortable. And men and women are equally like to be photographed, but in different ways, respectively accepted in society traditions. Men (in our country) must demonstrate in their photos their masculine qualities such as strength, stamina and self-confidence, those who will bring his family undeniable benefits and young women should "lead" on this ad, so the men climb on high cliffs, jump with a parachute and generally create their selfie in places where a woman and would never do it. However, the men of our traditions are not worth much to flaunt and expose themselves to the show, so even if you really want, it is necessary to restrain yourself from excessive boasting, and even in the face can be obtained from the brothers of the hard work of finding family happiness.

Women, on the other hand like to be photographed, and if possible, never imagine this is not denied. Of course, there are many sayings about "female friendship", but here it is somewhat different. Women unlike men are not only permitted, but strongly recommended to be beautiful, so all those beach photos in various poses are not condemned, but only welcome. Approved, they even friends, which in principle are rivals in the " *struggle for the potential good fortune* ." In my opinion, this is due to the less invasive nature of women than men, even though I said "female friendship", which in a certain period is characterized by a weak competitive veiled hostility.

You know, after watching the video, entitled "Signs", I realized that they are intimately connected. And, they are connected is on a topic about which I am speaking, namely that in which "format", we will communicate. Believe me, this is very important. Well, think for yourself,

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whether it was necessary to start the conversation, without having to be unaware that it is a single topic?

In one short film (a very talented, in my opinion) is the story of losing communication between loving people, because of the girl hobbies social network. In another film, we see how a lonely boy, deprived of love and looking for her is love without any technology, but simply "drawing" a marker notes on sheets of paper. Once again, I remind you that no supporter of the return to the Stone Age, but I think that the **need to limit the possibilities of modern techniques**, which provide our engineers, it is ripe. And by the way I am not original in this conclusion.

**Frank Herbert** American fiction talked about like, (Dune) that new technologies lead to the rejection of the common thinking. A person who has a cell phone becomes an opportunity not to think at all. The film "Signs" tells us about the degree of dialogue to "paper." In my opinion, it is necessary to abandon technologies that bring us uncoupling. **We cease to hear each other. This must stop!**

I'm often asked, what then? Here you have removed a certain symptom, or more, and then that when it is repeated again? I do not know what to say. The theme of this article is, in my opinion, the answer to this question. **Loneliness, lack of love, non-recognition, here, in my opinion, it brings a sense of people's disease**. No need to feel stress, enough to have a permanent negative, even a small negative emotions, and it is easy to lead to cancer.

**Let us not be anyone to take offense, let's not hurt anyone!**

Neurology, treatment method RANC, [Andrey Aleksandrovich Ponomarenko](#)