

# Curious concerning the chapter on living unnoticed if social media is a boon or negative in your personal individual lives?

**Post by “Pacatus” of October 30, 2023 at 7:58 PM**

I said "No" -- though it's a mixed bag. I was never on Twitter or Instagram; I weaned myself from Facebook, deleted my account. In the end there was more stress than pleasure, even though I restricted my account to family and friends. I'm on the internet a lot, though I try to limit my exposure to a few news sites (especially market-related news)-- and don't find a forum like this one to be obtrusive.

LATE EDIT: I also play some chess online. 😊